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Thursday, March 24, 2011  
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## OTTAWA'S HOME & GARDEN SHOW UNVEILED

{Special section inside}

**LIZ TAYLOR DIES AT 79**  
A LOOK BACK AT THE  
LIFE AND LEGACY OF A  
MOVIE ICON {page 21}



## YANKED? CHRIS BROWN'S OUTBURST COULD COST HIM {page 22}



OTTAWA

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Thursday, March 24, 2011  
www.metronews.ca



News worth sharing.

# Team Harper set to strike out

► An election appears unavoidable but Conservatives and NDP claim there is still a chance to steer clear ► PM says opposition could change their minds on the budget



SEAN KILPATRICK/THE CANADIAN PRESS

► Prime Minister Stephen Harper speaks with the media yesterday as he defends the federal budget outside the House of Commons on Parliament Hill.

The Harper government is set to fall tomorrow on a non-confidence motion, plunging the country into a fifth election campaign in a little more than 10 years and setting the stage for a vote in early May.

The Conservatives knew their days were numbered after the opposition panned this week's federal budget. But they would have preferred to be brought down on the budget vote, helping them to campaign on their financial plan.

**"The Conservative government has misled the House and all Canadians by hiding the details of their core spending priorities from Parliament — and it means we can't trust their budget numbers."**

**LIBERAL LEADER MICHAEL IGNATIEFF**

Instead, the Liberals have managed to delay the vote, making their non-confidence motion the election trigger. And the theme of that motion — respect for democracy and Parliament — is something the Tories don't want in the spotlight.

The motion chides the government for showing contempt for Parliament by failing to fully disclose the multibillion-dollar costs of its tough-on-crime agenda, corporate tax cuts and plans to purchase stealth fighter jets. **THE CANADIAN PRESS**

**NDP**

## Can Jack Layton handle an election?

► NDP leader and his staff insist he is better than ever after prostate cancer and hip surgery {page 6}

## NHL shoots for a crackdown

Off-season board meetings are true test of discipline {page 31}



## OC Transpo presents major route cuts

Public meetings planned but union boss says his group's say was minimal {page 3}

## CF-18s bomb ammo depot

Canadian fighter jets see action in Libya {page 8}

## Written rules of a royal wedding

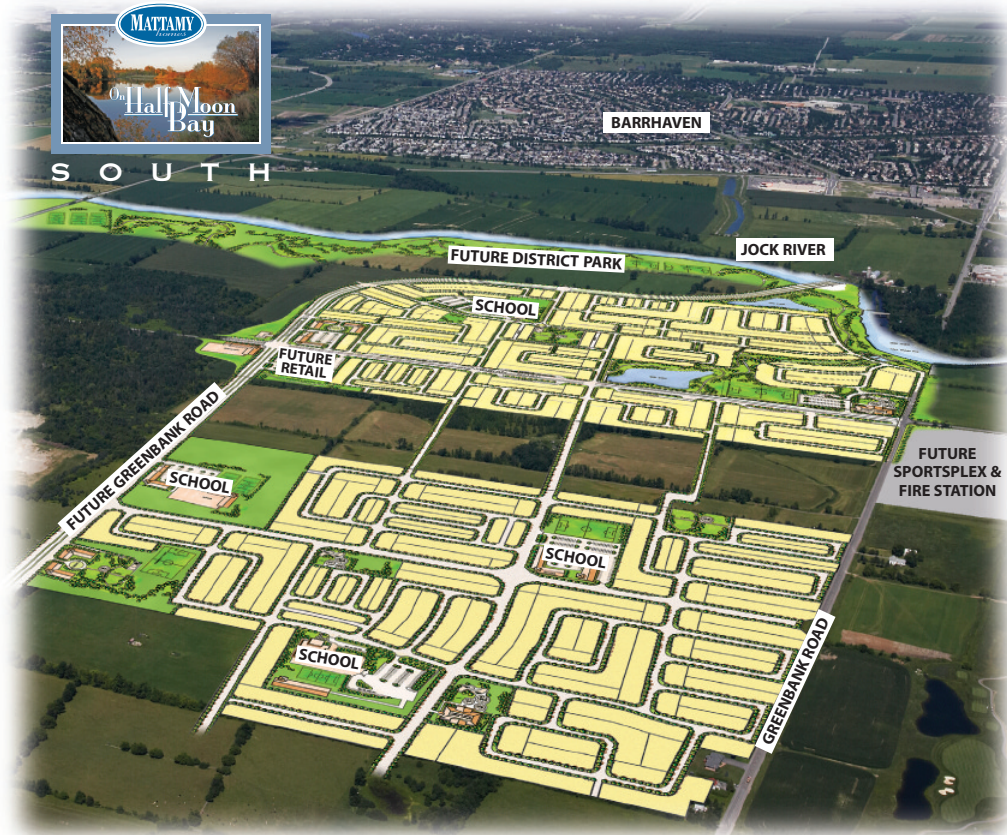
What not to do when in the Queen's presence {page 10}



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# On April 2, We'll Present A Whole New Side To Half Moon Bay.



Mattamy on Half Moon Bay Land Plan

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There will be lovely park spaces scattered throughout the community, schools, walking/biking trails, canoeing on Half Moon Bay, a skating rink and a central pavilion by the bay. Big Box stores and shopping centres are just up the road.

There's a brand new Sportsplex planned right beside Half Moon Bay. It's a \$50 million project featuring multiple indoor rinks, a swimming pool and possibly a gym. Plans also call for a new separate school and a new fire station to be constructed beside the Sportsplex.



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\*All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



# OC Transpo tables major cuts to routes

► Routes 32, 65, 103, 144, 153, 167, 169, 190, 197, 306 to be cut ► For more details of the proposed changes, visit [www.octranspo1.com/routes/2011\\_network\\_optimization](http://www.octranspo1.com/routes/2011_network_optimization)

**STEVE COLLINS**  
OTTAWA@METRONEWS.CA

OC Transpo yesterday revealed the details of its major planned overhaul of bus routes, aimed at saving \$6.5 million this year and \$19.5 million annually starting in 2012.

A third of the savings will come from reduced hours of service. OC Transpo managers told the city's interim transit commission. Some buses, like the 6, 136 and 171, would run only during peak periods. Others, like the 5, 120 and 161, would cease normal runs at 8 p.m., with a late trip added.

The other two-thirds of the savings would come from shortening some routes, combining others and eliminating some altogether. Combined routes would run more frequently to avoid overcrowding. The changes would take effect Sept. 4.

Public meetings on the planned changes will begin next week, but transit union president Garry Queale complained that his members haven't been involved in the process. His interaction with management regarding the changes was limited to one briefing Tuesday, he said.

"It would have been nice if they came and talked to us," he said, "but that's their business."



## Route rundown

Residents can learn more at these five open houses:

► **Tuesday, March 29:** City hall, 5:30 to 7:30 p.m.

► **Wednesday, March 30:** Kanata Recreation Complex, 7 to 9 p.m.

► **Thursday, March 31:** Nepean Sportsplex, 7 to 9 p.m.

► **Monday, April 4:** Jim Durrell Recreation Complex, 7 to 9 p.m.

► **Tuesday, April 5:** Shenkman Arts Centre, 7 to 9 p.m.

► **Shorter routes:** 5, 6, 9, 12, 16, 18, 31, 34, 40, 61, 82, 85, 101, 102, 105, 129, 176, 179, 182, 221, 232

► **Reduced hours:** 5, 6, 16, 106, 116, 120, 127, 136, 137, 149, 151, 152, 161, 163, 166, 171, 174, 175, 178

► **Route consolidations:**

3, 4, 5, 6, 16, 18, 22, 23, 31, 34, 37, 38, 39, 40, 43, 57, 61, 62, 63, 64, 82, 85, 87, 88, 93, 97, 101, 104, 107, 111, 112, 113, 115, 116, 117, 120, 121, 125, 129, 130, 131, 133, 134, 140, 141, 142, 143, 145, 146, 150, 151, 154, 155, 156, 158, 159, 160, 165, 166, 168, 172, 173, 174, 176, 182, 183, 187, 188, 191, 192, 316.



UFC has dodged concussion woes, but stubborn fighters may be a problem. Scan code for story.

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On the web at [metronews.ca](http://metronews.ca)

**Federal parties are arguing over who to blame for an election, but experts say that won't matter when it's time to vote. Video at [metronews.ca](http://metronews.ca)**

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# New Edinburgh back in business after the blaze

► Ottawa Fire Services calls Beechwood fire accidental, expects full damage report within days ► People encouraged to visit to help revitalize area



**JOE LOFARO**  
OTTAWA@METRONews.CA

Business owners recovering from last week's fire on Beechwood Avenue are pulling together and opening their doors to customers again.

The fire cut power to the New Edinburgh Pub for two days last week spoiling \$3,500 worth of food. Owner Paul Williams was able to welcome customers back on Friday thanks to two generators parked outside the building.

"I still don't know when we're getting hydro back," said Williams.

"With the street closures that were happening obviously people weren't coming down because it was just too hectic."

Things are slowly starting to pick up along the strip that is known for its village-like feel.

"It's horrible. Starting from scratch is a lot of work," said Bread and Roses owner Chris Green. His bakery, just a few doors down from the fire-razed storefronts, was spared from the outage



► Bread and Roses owner Chris Green wants customers to continue showing support for the people who lost their homes and businesses after last week's fire on Beechwood Avenue.

last Wednesday because it draws electricity from a separate grid. It was still closed until Saturday.

"There's been some

great community support since," he said.

On Saturday, The New Edinburgh Pub is hosting a fundraiser with all pro-

ceeds going to tenants who lived in apartments above the burned-out stores and who lost their homes because of the fire.

## Little. Moonbuggy



► Carleton University students Andrew MacMillan and Amy Deeb take their team's entry into Nasa's annual Great Moonbuggy Race out for a spin at the Carleton Uniceentre.

SEAN MCKIBBON/METRO

## Put the pedal to the medal

A team of Carleton students designed and built a vehicle for Nasa's Great Moonbuggy Race that features double wishbone suspension, a "freedom joint" to help it negotiate uneven terrain, and differential braking to help with steering. The team will travel to Huntsville, Ala., to compete April 1-2 against 84 other moonbuggy teams from around the world.

## Brits' dismissal leaves bad taste

Some Ottawa residents are angry a family of five has been sent home to the U.K. by Canadian immigration authorities.

Gerry Nelson said he and his friends were baffled by the government's swift dismissal of Paul Simms, his wife, and three kids who fled Canada Monday evening.

Simms said Citizenship and Immigration Canada demanded he and his family leave the country since their visitors visas had expired. They have been waiting for approval of their

permanent residency application since January 2010 and had been living in Ottawa since June.

Simms said he was days away from getting hired at M&S Sarrasin Excavation, he was waiting on approval by the Labour Market Opinion for a work permit.

Simms is now living with his in-laws in south Wales.

"We haven't got anything saved because everything's gone from when we were in Canada," said Simms.

JOE LOFARO

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MARK THE MOMENT



# Is Jack fighting fit?

## ► Layton's health sparks questions ► Is he able to handle an election?

The minute after NDP Leader Jack Layton pronounced his opposition to the budget, all attention turned to his fragile health.

With Layton his party's best asset in an election campaign, his fight against prostate cancer and his ongoing recovery from hip surgery are constantly on the minds of supporters and opponents.

Layton and his staff insist, unfailingly, that he is as energetic as ever and

perfectly prepared to launch a vigorous high-stakes election campaign. "Better by the day," Layton grinned when asked how he's feeling.

But before he commented on the budget, his staff set up a podium for him in the foyer of the House of Commons.

They stuck close to him as he walked with a cane.

And Layton cut his comments short, accepting just a handful of questions — uncharacteristic for a leader who has never shunned the cameras.

Campaign manager Brad Lavigne says the podium was to hold up Layton's notes, not the leader himself. And the cane is a sign of progress — doctors expected him to be on crutches after his surgery this month.

"Every day that goes by, he gets more and more



► Looking like a leader: Jack Layton speaks out during question period in the Commons yesterday.

### Ready to go

► The NDP's Ottawa war room is almost fully staffed, with about 125 out of 150 party workers in town.

► Stump speeches have been written and the entire election campaign has been mapped out.

mobile," Lavigne said.

The NDP's candidates have a lot riding on Layton's energy levels.

They've already rebranded the party as the "Jack Layton NDP." Lawn signs have been printed, and his face and logo

appear on all of them.

Layton consistently scores higher than his party in polls, and has been able to define a high-profile image for himself despite being the fourth party in the Commons.

THE CANADIAN PRESS

## Can we bank on it?

A federal election likely ensures Canadians will enjoy super-low interest rates until at least the summer and possibly the fall.

CIBC is changing its

mind and says the Bank of Canada will next raise rates in July not May. Scotiabank thinks it won't happen until October.

THE CANADIAN PRESS

# Canada puts new curbs on food from Japan

Canadian officials implemented enhanced controls on Japanese food imports yesterday, as fears mounted that the country's ongoing nuclear crisis has contaminated its food supply.

Officials said Canadian consumers have no need to worry about the safety of their food.

But the Canadian Food Inspection Agency did announce that in addition to

existing controls, milk products, fruits and vegetables from areas closest to the affected nuclear power plant will not be allowed into Canada without documents verifying safety.

"The Canadian food supply is not at risk," Alice d'Anjou, a spokesperson with the food agency, said in an email.

Japanese products only make up 0.3 per cent of Canada's total food im-

ports, and many of the top imports from the Asian nation — non-fermented green tea, sesame oil, scallops, sauces, and enzymes — will not be affected by the new rules.

D'Anjou said Health Canada and food inspectors are "actively monitoring the situation" and the measures could be adjusted as circumstances change in Japan.

The enhanced restric-

tions are an additional safeguard to existing import controls, officials said, which already include monitoring for radioactive isotopes in shipments.

Food imports from the Fukushima, Gunma, Ibaraki and Tochigi prefectures surrounding the failing nuclear plant are now under particular scrutiny, the agency said.

THE CANADIAN PRESS

TOKYO TAP WATER FLAP, PAGE 16

### B.C. on alert

► In British Columbia, the provincial health officer again urged Canadians yesterday to be prepared rather than panicked in response to Japan's nuclear crisis.

► Dr. Perry Kendall said although there has been a tiny and expected increase in radiation levels, there is

still no need to worry in B.C.

► But pharmacies and military surplus stores in B.C. say the public is still scrambling to buy medication for radiation exposure and supplies like Geiger counters and gas masks.

► Kendall warned, however, that taking the medication can be harmful in the absence of high levels of radioactivity.

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NATO

## London to hold talks over Libya

U.S., European, and Arab and African officials have been invited to London next week for political talks about Libya and how the NATO alliance will assume responsibility for the no-fly zone over the North African nation to protect civilians, France

and Britain said yesterday.

NATO nations, meanwhile, remained deadlocked over the alliance's possible role in enforcing the UN-authorized no-fly zone. In Paris, French Foreign Minister Alain Juppé announced that a contact group, including the United States, France, Britain and other countries involved in efforts to settle Libya's tensions, will meet in London on Tuesday.

THE ASSOCIATED PRESS

# Canadian CF-18s bomb Libyan ammunition depot

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS



► A gun was handed over to a Libyan boy during a rally in support of the allied air campaigns against the troops of Moammar Gadhafi in Benghazi, eastern Libya, yesterday.

► Feds dispatched six such jets to help enforce the no-fly zone

Canadian fighter jets took part in coalition air assaults yesterday that helped drive tanks loyal to dictator Moammar Gadhafi out of Libya's third-largest city.

Coalition aircraft conducted a series of raids on two major centres.

The Canadian air force says four of its CF-18 jet fighters, supported by two air-to-air refuelling aircraft, conducted two separate bombing missions, one overnight and the second later in the day.

The first attack took place at Misrata, east of Tripoli on the Mediterranean coast, the scene of heavy fighting between rebels and Gadhafi forces.

Reports emerging last week from the city of 500,000 said innocent civilians were being shot

**"From all indications, it was a solid military target."**

MAJ.-GEN. TOM LAWSON

in the streets as the dictator's soldiers tried to reassert control.

The Canadian raid reportedly destroyed an ammunition depot.

Four laser-guided, 226-kilogram bombs were dropped during the raid, said Maj.-Gen. Tom Lawson, deputy chief of air staff.

There were no reports of civilian casualties, but Lawson hastened to add that "couldn't be assured until there was a full battle damage assessment."

The air force released aerial video footage of the target being destroyed.

THE CANADIAN PRESS

## Emergency law takes over Yemen

Yemen's parliament enacted sweeping emergency laws yesterday after the country's embattled president Ali Abdullah Saleh asked for new powers of arrest, detention and censorship to quash a popular uprising demanding his ouster. Youth leaders dismissed the move.

THE ASSOCIATED PRESS

## New clashes in Syrian city kills 15: Activist

Syrian police launched an assault yesterday on a neighbourhood sheltering anti-government protesters, fatally shooting at least 15 in an operation that lasted nearly 24 hours, witnesses said. At least six were killed in the predawn hours alone at the al-Omari mosque in the city of Daraa. THE ASSOCIATED PRESS

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# Guests at royal wedding given etiquette advice

► Those attending nuptials for Prince William and Kate Middleton given rules on when and how to arrive

Don't give the Queen a friendly hug and don't tweet from the church.

That's just the start of the advice being offered to those attending Britain's April 29 royal wedding.

St. James's Palace says the guest list is an eclectic mix of European royalty, military personnel, charity workers, diplomats and friends of Prince William and fiancée Kate Middleton. Some invitees will have been born into families that teach children to curtsy as soon as they can walk, but others may need a bit of help navigating the etiquette and protocol that such an important day demands.

Anyone who is invited to



the royal wedding will be given detailed instructions on how and when to arrive at Westminster Abbey, where the wedding is being held.

The first rule: Don't be late.

"The Queen should be

the very last person to arrive at the church before the bride and her attendants," said wedding planner and etiquette adviser Sarah Hayward.

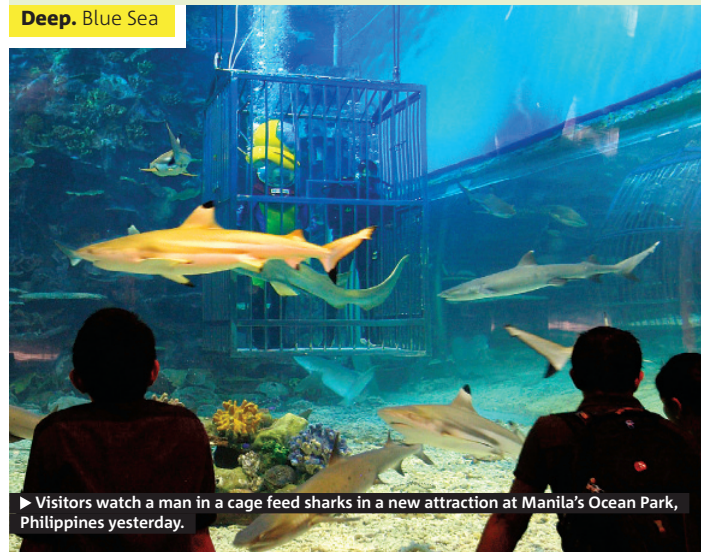
Next, choose an outfit that blends in.

Women should wear a dress — not too short, not too skimpy and certainly not white. Most British women will complete the look with a hat or a fascinator — a small feathered or jewelled hairpiece attached to a clip or a comb.

"The ultimate faux pas would be to have your mobile phone go off in the Abbey, even if you had 'God Save the Queen' as your ringtone," Hayward said.

THE ASSOCIATED PRESS

## Deep. Blue Sea



► Visitors watch a man in a cage feed sharks in a new attraction at Manila's Ocean Park, Philippines yesterday.

AARON FAYILA/THE ASSOCIATED PRESS

## Swimming with the fishes

A new attraction at Manila's Ocean Park allows guests to dive and feed the sharks inside a cage to observe the animal closely.

## Woman jailed over unrequited love shooting

A 92-year-old Florida woman is jailed after police allege she fired shots at a neighbour who refused to give in to her demands for a kiss.

Police say Helen Staudinger of Fort McCoy went next door Monday to visit her neighbour, 53-year-old Dwight Bettner,

and grew angry when he wouldn't give her a kiss. She then allegedly fired four rounds into Bettner's house from a semiautomatic pistol, shattering a window. No one was hurt.

Bettner told police he had ongoing issues with his neighbour, who he

said had grown enamoured with him and alleged she threatened to shoot him when he told her he had a girlfriend.

Staudinger is in the Marion County Jail, charged with aggravated assault and shooting into a dwelling.

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## FIGHTERS

**Budget officer defends numbers**

The battle over the cost of the Harper government's stealth fighter has escalated into a war of numbers between the Parliamentary Budget Officer and the Defence Department.

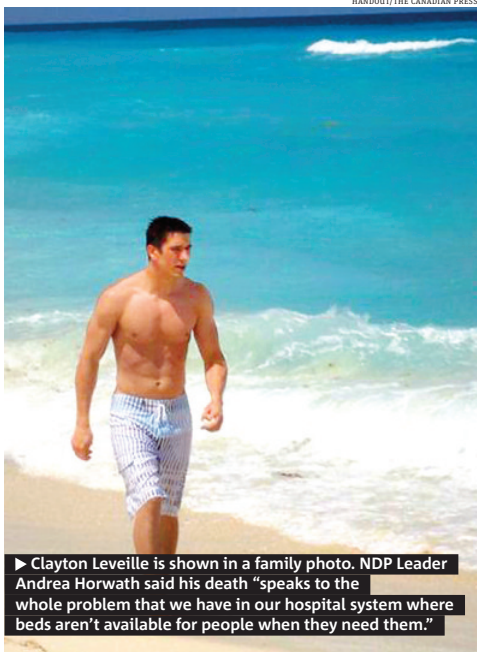
Kevin Page today

released a rebuttal to senior defence officials, who questioned the math in his latest report, which says the cost of the F-35 Lightning II could reach \$30 billion over three decades.

Last week, an assistant deputy minister at the Defence Department said the budget officer made a "mathematical error" in calculating the unit cost of the planes, and that estimates on long-term maintenance were erroneous as well.

THE CANADIAN PRESS

# McGuinty encourages travel insurance



► Clayton Leveille is shown in a family photo. NDP Leader Andrea Horwath said his death "speaks to the whole problem that we have in our hospital system where beds aren't available for people when they need them."

## Comment comes in wake of man's death after he was stranded abroad

Ontario will look at what can be learned from the tragic story of a young man who was stranded abroad after he fell ill during a trip to Mexico and died months later in the hospital, Premier Dalton McGuinty said yesterday.

"I know that the minister is making sure that we can draw whatever lessons that we possibly can from these particular circumstances and move as quickly as we can to bring people back who are in need of health care here," he told the legislature.

Clayton Leveille, 21, became ill while on vacation with his girlfriend last July. He had medical insurance, but waited seven weeks to be taken home because there were no hospital beds available in his hometown, his mother said.

She's still not sure what killed her son. He was initially treated for dengue fever in Mexico, but his doctors in Ontario believe he may have suffered from a rare blood disorder known as HLH, or hemophagocytic lymphohistiocytosis.

The insurance company, which was paying hundreds of thousands of dollars for his care, wanted to bring him back to Ontario. But they told her that provincial rules required that Clayton be brought back to a St. Catharines, which had no beds available.

Provincial officials say it's up to the insurance companies to arrange for transportation of their clients, and they don't have to go through the ministry to bring a patient home.

THE CANADIAN PRESS

## Manitoba chief meets with Pope

Delegates from northern Manitoba's First Nations got an audience with the Pope at the Vatican yesterday and asked him to support their battle for clean drinking water.

The pontiff seemed responsive, they said, and talked about visiting Canada in the future.

THE CANADIAN PRESS

## Dog found one month after house burned

A Boston woman who thought her beloved dachshund was gone after a fire destroyed her apartment a month ago has found the pet living in the wreckage of her burned-out home.

Veterinarians say the dog somehow found food and water. THE CANADIAN PRESS

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IGO Cyber House Inc: 223 Bank Street  
Computer Onsite: 1439 Woodroffe Ave  
Joe Mobile Tech: 780 Baseline Road, Unit 22

# Spring? Who knew?

- Snow blasts southern Ontario and it's no winter wonderland
- Poor visibility, drifts make roads treacherous
- OPP report a crash a minute
- 'They're driving too fast'

Mother Nature has sprung a trick on spring.

A late blast of winter buffeted southern Ontario yesterday, with snow and slippery roads.

Oakville, Hamilton and Burlington were pounded while a special weather statement covered the Toronto area, where up to five centimetres of snow were expected.

Officials warned conditions were changing very quickly as areas west of Toronto were hammered with the white stuff.

Warnings were in effect in regions from southern Lake Huron across Stratford, Cambridge and Woodstock and all the way to the Niagara area.

Accumulations of up to

## U.S. hit, too

- A storm dumped up to 30 centimetres of snow on the northeastern and central U.S. yesterday.
- Scores of schools closed or delayed opening in Wisconsin, Pennsylvania, upstate New York and northwest New Jersey.

15 centimetres were expected in some areas.

On the roads, stiff winds were creating poor visibility and drifting snow. Weather officials warned of possible ice pellets and brief freezing rain, especially around London and Brantford.

THE CANADIAN PRESS



► Don't ask this guy if he's feeling springlike. He had no spring in his step as he worked a snowblower in Stratford, Ont., yesterday.

DAVE CHIDLEY/THE CANADIAN PRESS

# It's time to quit, MPs tell spy chief

MPs want the country's top spy to quit, saying his remarks about foreign meddling in Canadian politics created a climate of suspicion and paranoia.

In a report tabled in Parliament, the Commons national security committee says the government should demand the resignation of Canadian Security Intelligence Service director Dick Fadden.

The controversy arose last year when Fadden told CBC-TV he was warning at



► CSIS head Dick Fadden

least two provinces that cabinet members had come under foreign influence.

He also said CSIS had concerns about municipal politicians in B.C.

THE CANADIAN PRESS

# Wandering boy wanted to see Gran

A four-year-old boy was found walking on the street and not dressed for the cold, snowy weather early yesterday in St. Catharines, Ont.

Police say a resident spotted the boy on the sidewalk in the early


morning hours.

He was in good health and said he had a nightmare and wanted to see his grandmother, who lives a short distance away.

His mother was unaware he had left home, until the grandmother called her.


The mother's bedroom is in the basement while her son's bedroom is on the main floor and she could not hear him leave.

THE CANADIAN PRESS



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# Tokyo tap water flap

► Radiation puts infants in peril ► Warning sparks buying spree ► One supermarket sells entire stock of bottled water ► 'It's scary,' says a mom

Radiation leaking from Japan's tsunami-damaged nuclear power plant has caused Tokyo's tap water to exceed safety standards for infants to drink.

The dramatic news yesterday sent anxiety levels soaring and sparked an unprecedented buying spree.

Residents cleared store shelves of bottled water after Tokyo Gov. Shintaro Ishihara said levels of radioactive iodine in tap water were more than twice what is considered safe for babies.

Officials begged those in the city to buy only what

## Fears over food

There are growing fears in Japan over the nation's food supply.

► Radiation from the Fukushima Dai-ichi nuclear plant has seeped into raw milk, seawater and 11 kinds of vegetables, including broccoli,

cauliflower and turnips.

► The U.S. Food and Drug Administration says it's halting imports of Japanese dairy and produce from the region near the facility.

► Hong Kong went further and told Japan to perform safety checks on meat, eggs and seafood or they would not be accepted.

they needed, saying hoarding could hurt the thousands of people without any water in areas devastated by the March 11 earthquake and tsunami.

"I've never seen anything like this," clerk Toru Kikutaka said, surveying a downtown Tokyo supermarket where the entire stock of bottled water sold

out immediately after the news broke, despite a limit of two two-litre bottles per customer.

Officials are still struggling to stabilize the nuclear plant, which yesterday belched black smoke from Unit 3 and forced workers to be moved to safety, further delaying attempts to make needed repairs.

The death toll from the disaster continued to rise, with more than 9,500 bodies counted and more than 16,000 people listed as missing.

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THURSDAY, MARCH 24, 2011

# OTTAWA HOME SHOW

## Ottawa's Home & Garden Showcase



► The Ottawa Home & Garden Show has become the place to go for trends, tips, expert advice, and renovation and decorating deals ► This year it's more spectacular than ever with more than 350 exhibitors in three buildings ► Here's the rundown

### Doors open up at two new model homes



KARL LOHNES  
@METRONEWS.CA

The two model homes on display are provided by Bonneville Homes, who gets back to nature with NaturA, and IDEKIT Home, which presents an eco-friendly dream.

For the modern homeowner with an eco conscience, NaturA is a 1,408 sq. ft. contemporary piece of architecture... a living space in harmony with nature. The outside is made of torrefied wood. Inside, the house is open-concept with no separation walls between the kitchen, living and dining rooms.

The house has 10-ft. high ceilings with windows from floor to ceiling on two sides of the house. Visible wood beams create a warm ambience and the feeling of bringing the outside in.

The IDEKIT Home is mostly made from recycled steel structures (last trip maritime containers), and offers new ways to think



► IDEKIT Home presented by Power One Solar Solutions.

about living space and sustainability. The house is not a traditional square shape, but has the shape of an H with approximately 1,100 sq ft of living space.

Both homes are furnished by the husband and wife team, Mihran and Katia Zaroukian of Mikaza Home, and their modern-style approach complements the contemporary



► Bonneville Homes' NaturA presented by Majic 100.

feel of both homes. Landscaping for both houses is by Permacon.

#### Dream a little dream... in the garden

Avid gardeners must see this year's Dream Gardens presented by Davis Landscape & Design. The 2,000 sq. ft. garden has over 15 different plant species, a waterfall, rustic washed-up stones and innovative arrangements. The icing on top? A flowing river and a bridge. It really will feel like you are in your dream garden!

#### Your kitchen... inside out!

Eurotek Homes presents a high-tech LED design kitchen inside out. Featuring all the newest innovations, the kitchen is 525 sq. ft. and you'll be able to see it both inside and outside.

#### Bring your questions

Show visitors are invited to have one-on-one consultations with various experts in the field. Bring your gardening questions along for one of the

resident experts including local master gardeners. For consultations about home decor, members of the Canadian Decorators' Association (CDECA) are on hand.

#### Re-store and purchase

This year Algonquin College students present a booth in collaboration with the Habitat for Humanity National Capital Region. Be sure to drop by and purchase a re-store item that has been redesigned into a piece of art by the students.

#### Calling all woodworkers

The Wood Objects Competition is being presented for the first time. Ottawa's woodworkers are invited to submit an entry to the competition. Pieces will be judged on-site, and an award ceremony will be held. Each piece will be on display during the event.

#### Presentations

Throughout the show, home and garden celebrities share their expertise on stage (check times for various presentations). Be sure to hear what your favourites have to say!

- Bryan Baeumler of HGTV's Disaster DIY and House of Bryan.
- Penny and Paul from W Network's All for Nothing.
- Karl Lohnes from CTV's Canada AM, Metro News Canada and Chum FM
- Frankie Flowers (Frank Ferragine) from CityLine, City TV News and Canadian Living with his new book Get Growing
- Luc Crawford of Luc Crawford Design
- Local Celebrities from House Healers - Season 2 on Rogers TV.
- Derrick and TL from Daytime Ottawa (Rogers TV) will be recording live from the show on Thursday and Friday.
- Beckie Fox editor of Garden Making Magazine
- Marie-Judith Jean-Louis from M2JL Studio will provide tips on decorating trends.
- Vic Tesolin, professional woodworker and organizer of the National Wood Objects Competition.
- Steph Legari, from Rogers TV's The Grilling Gourmet will be giving culinary demonstrations.

#### Karl Lohnes

- Karl Lohnes will be appearing Friday, Saturday and Sunday at the Ottawa Home & Garden Show pre-

sented by Remax, located at Lansdowne Park. He'll be presenting the latest decor colour trends for 2011. Check ottawahome-show.com for the details.

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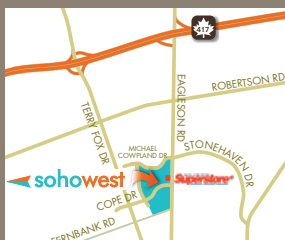
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# Decor trends

## ► The seven deadly decorating sins



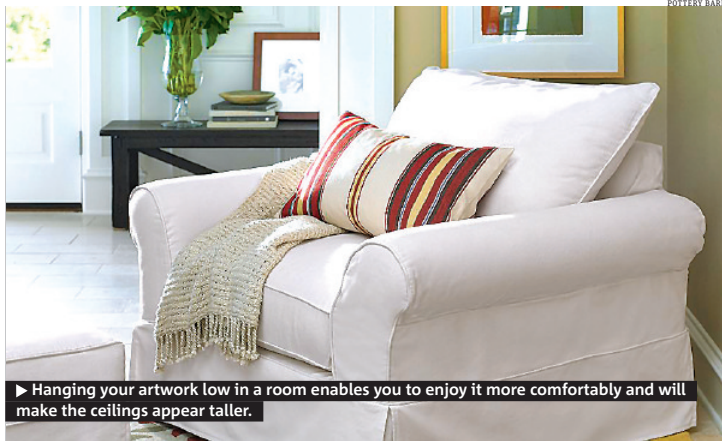
KARL LOHNES  
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### 1 THOU SHALT NOT ATTEMPT A LARGE PROJECT WITHOUT HELP

No matter how many DIY books you have read, always get a professional's opinion or advice before starting a large project or remodel; even if you want to do all the work yourself a professional's opinion can save you time, money and many headaches.

An architect is required if you are dealing with new home builds or additions; a contractor will be needed to facilitate any sort of construction; and a designer is recommended when choosing costly finishes and furnishings.

### 2 THOU SHALT NOT SECOND GUESS YOUR GUT INSTINCT



► Hanging your artwork low in a room enables you to enjoy it more comfortably and will make the ceilings appear taller.

Trust your feelings and ideas and don't let relatives, neighbours or friends talk you out of what you've always wanted.

They all think they are decorators and that they know you better than you do.

If you have always gravitated towards a certain style of furnishings or decor then stick with that; if traditional decor is your thing then decorate with that look, even if traditional decor is not trendy at the moment.

### 3 THOU SHALT NOT BE IMPATIENT

You'll only make mistakes. By layering your decorating plans, you will have time to make minor changes and will end up with a well thought-out project.

When scheduling a large project such as an ad-

dition or kitchen renovation always add a couple of week-off breaks into the overall schedule.

An extra week here or there will help add relief to your timelines; inevitably there's always a tradesman or delivery that needs a few extra days than planned.

### 4 THOU SHALT NOT OVER-BUY MASS-PRODUCED INEXPENSIVE ITEMS

In a new house mass-produced decor items look cheap. You can get away with some in an old house, which has architectural character.

The best way to inject character into a brand new home is to add something old like an antique fireplace mantel or build in a vintage style cabinet. Want to make a traditional home look hip? Add a few well-chosen modern light fixtures to the space.



► Adding strong colour to one wall helps to ground a room and create a focal point.

### 5 THOU SHALT NOT IGNORE A ROOM'S PRACTICAL FOCAL POINT

Every room has one: it's usually the most useful wall in a room... the wall the sink is on in the bathroom, behind the headboard in a bedroom, the fireplace wall in the family room and the wall with a window in the kitchen.

Focal walls generally do not look good in staircases, hallways or in attic-shaped rooms.

### 6 THOU SHALT NOT WIMP OUT ON WALL COLOUR

The larger the space, the more impact the colour needs... to add more drama to the room, try choosing a slightly richer version of what you think you might like to see on your walls.

Some of the trendier colours for spring 2011 are the cooler tones including pale grey, soft blues and greens.

### 7 THOU SHALT NOT HANG ART AND LIGHTING TOO HIGH

Artwork should be hung eight to 10 inches above furniture; a chandelier should be hung 30 inches over the dining table.

The lower you hang your artwork, the higher the ceilings will appear to be.

And, that's a great trick if you are selling your house and only have standard height ceilings.

## Question

When is the best time to hire an interior designer: before the renovation or just after?

## Answer

"Absolutely before the renovation starts. Keep in mind that a designer or decorator will access your project ideas from the inside outward, and help you plan your living space in a different way than an architect or contractor will. A one-time review of your project also gives you a good sense of the designer and will help you decide if they might be someone you want to help you later on when choosing paint colours and furnishings are appropriate." — KARL LOHNES

### Green exhibitors

Here are some of the hot and green exhibitors at the Ottawa Home and Garden Show:

- **Floral Design Landscaping- Aqua Bright by EcoFinish:** Aqua Bright is a revolutionary, eco-friendly pool finish that is applied by a two-person team using a unique spray application.
- **Hydro Ottawa – Peaksaver:** Accessing your thermostat remotely may seem like a page out of the future, but Ottawa Hydro has made it a reality for 20,000 homes in the National Capital Region.
- **The Amish Store – 100% Green:** The ultimate in green, sustainable furniture, The Amish Store has been handcrafting beautiful

heirloom furniture for generations.

- **Kids Crooked House Canada:** Kids Crooked House Canada designs and manufactures custom whimsical, wooden children's playhouses that will spark the imagination of any child.
- **HomeStars.com:** Homestars.com is an online community offering homeowners a free service to find reputable renovators, repairmen and retailers.
- **Custom Home Interiors – Dimplex Fireplaces:** Forget everything you think you know about fireplaces. Dimplex fireplaces reach beyond the traditional hearth and mantle, to create year-round ambience that fits with the decor of any home.

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# Summer entertaining trends

► With summer soon on its way, you're probably anxious to get outside and entertain



**KARL LOHNES**  
@METRONEWS.CA

Outdoor entertaining is always in! How can you entertain six people for

dinner, drinks and set an attractive table for less than \$20 per person? Here are some great money-saving ideas for summer entertaining that are sure to impress your guests.



## Party tips

- Have your dinner party after 8 p.m.; that way most people would have already eaten something.
- Don't forget about lighting... rope

lighting discretely hidden in the garden can look beautiful and is not expensive. For entertaining on cooler evenings, purchase dollar store fleece blankets and hang them on the back of each chair.

## Drink

"Ain't nobody ever died from drinking a good standard wine."

- Find a good wine that everyone will like for under \$10 per bottle. Piat d'Or wine can be found at most liquor stores across the country for around \$9 per bottle. They've recently done some re-branding and have got a great white chardonnay and red merlot. Cost: \$45 for five bottles.
- To extend the wine; serve spritzers early in the evening. Add three ounces of soda water, 1/2 ounce of pomegranate juice and ice to three ounces of red wine.
- After dinner make a delicious sangria. Put 1 ounce of orange liquor, 3 cups of fresh chopped fruit, 1 cup of white cranberry juice and a bottle of wine in a large pitcher. Let sit for 15 minutes, then serve over ice.
- Host tip: Add a cup of salt to the ice/water bath; your wine bottle will chill faster and be colder.

## Decor

"Dollar stores are like lakes; once you build the courage to jump in, they can be quite fun!"

- Outdoor entertaining always allows for plastic and paper. But why not mix in some good tableware with the less expensive. Cost: \$20 to 30
- There are great tabletop items at Your Dollar Store With More (they sell things that cost \$1 and up). Wine glasses, placemats, charger plates and lots of votive candles create sparkle on an outdoor table.
- Try to keep your colour choices to a minimum of two. This will allow paper, plastic and glass items to be co-ordinated.
- Layer a clear glass salad plate on top of a colourful plastic dinner plate on top of a coloured paper charger.
- Other options: Bring out your fine china and crystal and create some elegance on the terrace. Place outdoor mini lights down the center of the table to help illuminate the evening and creating a sparkle to everything on the table.



## Food

"Keep them grazing all night and they'll feel like you've fed them a ton of food."

- Tapas-style dining creates creative grazing and encourages guests to experience many food flavours throughout the evening. Five to six boxes of pre-frozen President's Choice treats make life easy and cost only \$30 to \$35 in total.
- Serve a variety of pre-made salads, breads and appetizers alongside exotic dips and sauces. This way everyone can customize their grazing experience.

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**Q**

I'm selling my house. What are the top tricks of the trade to show it to its best advantage?

**A**

Interior designer Penny Southam, co-host of All for Nothing replies: "First step: remove that clutter! Then stage it – if your own furniture won't work, then move it out, give it away, or store it, and rent some that works with the scale of your rooms. Remember to have one good focal point per room. Be sure to take down many of your personal photos. Paint in neutral colours. Make sure the living and dining rooms show well. If the kitchen looks a little tired, and there's no time or budget for renovating, spruce up with a new counter, backsplash and hardware. Consider painting the cabinetry. Replace really dated light fixtures."



**Q**

I can tell my older home needs insulation and I'm a little nervous about heating costs in future – what's my best value for money, where in the house do I do it?

**A**

Bryan Baeumler, host of the HGTV series Disaster DIY, replies: "Many types of insulation are available – as a general rule, the denser the product, the higher the R value/inch. Fibreglass has an R value/inch of about 3.5, and most rigid foam panels have an R value/inch in the neighbourhood of 4.5. More importantly, though, is the intended application. Each area of the home is best suited for different types of insulation. In an unfinished basement, for example, rigid foam panels can be quickly and easily glued directly to your foundation. Spray foam is the easiest and most effective way to insulate your home, but is more expensive."



**Q**

I just bought a house – beautiful inside, but no decorative landscaping to speak of, just grass and a few trees. Where do I start outside (keeping in mind Ottawa's gardening zone)?

**A**

Frankie Flowers, a gardening authority in Canada and author of the recently published Get Growing, replies: "Going to a garden centre in spring is like going to a grocery store hungry and with no list. For the first time gardener, a little planning and research saves time and money in the long run. The ultimate goal is to find the right plant for the right place. To do this you need to figure out light (whether you have sun, part sun or shade), soil type (sand, clay or just good garden soil good garden soil is rich in organic matter and feels and smells right), needs (flower or foliage, mature size, function, style)."





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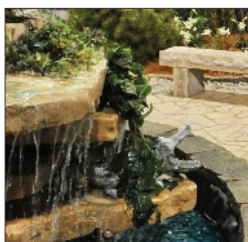
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Perfect for any size or budget, the **Less is More from IDEKIT Home** presented at the show by Power One Solar Solutions can be reconfigured or expanded at any time, allowing for incredible flexibility and energy efficiency. It's a revolutionary look at modern homebuilding, complete with minimal furnishings from Mikaza Home, appliances from Corbeil and landscaping from Permacon.



Find your nursery niche with 2,000 square feet of **Dream Gardens** created by Davis Landscape and Design. Stroll through the fragrant blooms and blossoms and gather ideas for your own flower beds. With more than 15 different plant species, a flowing river and rustic washed-up stones, the Dream Gardens will inspire all of your gardening and landscaping projects – big and small.

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HGTV's **Bryan Baeumler** is best known and loved for his role as host of *DIY Disaster*. Bryan has seen thousands of home project nightmares, and he helps you save time and money by avoiding the major pitfalls of do-it-yourself projects. Learn inexpensive ways to do projects correctly and safely *without* the headaches.

*Appearing Fri., March 25, 1:30pm and 5:30pm.*  
Presented by Lowe's



**Karl Lohnes** delivers no-nonsense entertaining and decorating ideas with style. Karl, the national home columnist for Metro News, is a recognized expert of all good things for the home – from decorating to entertaining to home shopping – and he shares his love and expertise of all these good things with you.

*Appearing twice a day, Fri. through Sun., March 25-27. Presented by Benjamin Moore.*



Do you want to buy or sell a home, but do not know where to start? Real estate agent **Paul Rushforth** and designer **Penny Southam**, stars of W Network's *All for Nothing?*, share their

expert tips on buying, selling and adding value to your home. Find answers to get you the most for your invested money.

*Appearing Sun., March 27, 12:20pm.*



**Frank Ferragine**, arguably Canada's most popular gardening authority and weatherman, combines his practical knowledge and passion of all things green with his warm sense of humour. For the green and brown thumbs, Frankie shows how to create high-impact, low-fuss gardens that bloom with ease.

*Appearing Sun., March 27, 1pm and 3pm.*

For complete stage schedule, visit [OttawaHomeShow.com](http://OttawaHomeShow.com)

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# Selling your home?

## ► Karl Lohnes offers tips on how to prep your house



**KARL LOHNES**  
LIFE@METRONEWS.CA

Every seller wants their home to sell fast and bring top dollar.

But it's not luck that makes that happen, it's smart planning. Knowing how to edit your home will create a more sellable house and send home buyers scurrying for their chequebooks.

Here are my tips on how to prep a house and turn it into an irresistible and marketable home without breaking the bank.

### DISCONNECT

Not just from your house, but each and every room. Once your house goes on the market it is no longer yours. Start thinking of the new place you will be living.

### EDIT POSSESSIONS

Remove photos, vacation mementoes, collections and anything that will dis-

tract a potential buyer from envisioning the house as their own. Take away religious/cult items and anything that may be offensive (artful nudes, liquor, gambling, hunting, etc).

### BRIGHTEN AND LIGHTEN

Paint away strong, dark or bold wall colours with lighter, softer colours. Popular colours include cream, pale grey and light taupe.

Increase your light wattage to a minimum of 80 watts. Showing a home during rainy months or in the evening will demand brighter lights to



make your home look light and airy. Remove heavy

### Don't do list

- **Don't:** Promote, include or have children's toys and pets around.
- **Don't:** Re-decorate the house for own taste level.
- **Don't:** Skimp on the cleaning! It's your best investment.
- **Don't:** Fill your driveway with vehicles

draperies and coloured blinds to show off more wall space and allow windows to feel lighter/brighter.

### REMOVE CLUTTER

This includes books, magazines, newspapers, knick-knacks, collections and sports equipment.

### BECOME A STYLIST

Buyers like to snoop so arrange coffee cup handles to face the same way, evenly space hangers, neatly fold linens and towels mak-



ing your home magazine photo-shoot ready. Rule of thumb: Fill drawers, closets and cupboards no more than 75 per cent to capacity.

### HIRING A PROFESSIONAL STAGER

Find a professional stager via endorsement of your estate agent. A stager can offer a simple consultation (great if you have the resources to do all the cleaning, editing, moving, storing and decorating yourself) or can help with the entire project.

Prices start at around \$200 for a consultation, and up to one to three per cent of your home's selling value to handle the entire

project.

Using a professional can sell your home quicker and often for more money than you would expect.

### Q & A

► We are repainting the inside of the house to freshen it up. Is there one colour that will look good everywhere?

► I suggest an off-white paint colour that has a touch of green/grey such as Para Paint's Dancing Dolphins

P5212-14. A pale green/grey will help cool down the many golden tones in wood floors, banisters, trims and kitchen cabinets, making the space feel updated and modern. Paint the trims white, along with interior doors and inside closets and ceilings. Use the Dancing Dolphins colour on all the walls.

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# GET THE CAREER YOU WANT! CLASSES STARTING SOON

## Paralegal *Part time evening program now available!*

### Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

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- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



## Pharmacy Technician

### Program Objective

The *Health Systems Improvement Act, 2007* enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

### Pharmacy subject matter covered includes:

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- Pharmacy Math
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# Serving up new kitchen trends

► From multi-width fridges to classic colours, here's the latest in kitchens

## Appliance tips

- Appliances should be the first thing considered when planning a kitchen. Their size, shape and function will determine how the cabinetry is laid out.
- When choosing the colour of appliances, consider matching the tone and colours of your chosen counter top.
- Stainless steel appliances are not a trend. They're a mainstay.
- Considering we keep our appliances for eight to 15 years, choose neutral colours like white, black and stainless steel. Trendy colours outdate themselves after a few years.



**KARL LOHNES**  
HOMES@METRONews.ca

The choices in kitchen appliances are better than ever. Multi-width fridges, drawer-style dishwashers and classic red Ferrari colours are hitting the appliance scene in a big way.

## Touch Screens

Easy instructions and glass-touch screens make cooking easy.

**Appliance featured:** Jenn-Air 30-inch Pro-Style Electric Wall Oven with Convection (\$4,799, Jenn-Air.ca).

## Double-Duty

Large and small appliances are offering double-duty to save space in the kitchen.

**Appliance featured:** Frigidaire Freestanding Double Oven Range with stainless steel fingerprint coating (\$2,099,

frigidairecanada.ca)

## Variable Sizes

Sizes of appliance options offer custom kitchen use.

**Appliance featured:** Electrolux Under-Counter Refrigeration Drawers, (\$2,199, electrolux.ca)

## Fast and Eco

From steam ovens to super-efficient washers and dryers, appliances are using less energy.

**Appliance featured:** Whirlpool Duet Steam Washer and Dryer (\$1,599 and \$1,349 on Laundry Storage Pedestal, \$210 each and optional Work surface, \$269, whirlpoolappliances.ca).

## Smaller Footprint

Counter appliances are taking on a smaller footprint to offer more valuable counter space.

**Appliance featured:** Ne-

spresso Citiz Espresso Maker (\$299, espresso.com).

## Kitchen question

### Question

I am renovating my kitchen and want stone for the counters and a different stone for the back splash. Is that OK?

### Answer

Match the tone and colour of your counter tops to the appliances that you will be using. If you have stainless steel appliances then choose a medium-toned counter with grey, black and taupe colours. If you have white appliances then choose a counter top that has a background of white. Your backsplash gets matched to the colour and tones of cabinetry.



► Nespresso Citiz Espresso Maker (\$299).

# Must-have furniture

► Every home — whether new or old — should contain these five standout conversation pieces



**KARL LOHNES**  
HOMES@METRONews.ca

Whether you are moving to a new place or simply wanting to re-decorate, here are five must-have pieces of furniture for the home.

## Slim mirrored console table

It is perfect to sit in front of a window and hold buffet lamps, behind a sofa to decorate an empty area, in a foyer as an entrance table to catch keys, or for use in a bedroom as a vanity table.

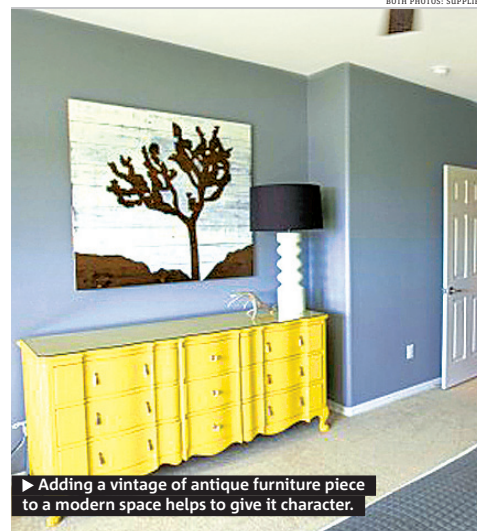
sions, this not-too-big dining table easily fits four to six people with the ability to extend to hold more guests when dining. The round shape means no corners to deal with and a centre pedestal leg means no legs to get in the way to seating guests.

## An 8x10 classic wool Persian-style area rug

The 8x10 foot area rug is the perfect size to hold itself in a large or small room. The Persian style tends to look best with many decor looks and is a classic design. If you buy a



► An eight-by-10 foot rug is versatile enough to be used in most room sizes.



► Adding a vintage of antique furniture piece to a modern space helps to give it character.

## Upholstered suede storage ottoman

Add a tray, and it's a coffee table or use it as an extra "perch" to sit on in a small condo or at the end of the bed.

## The 54-inch round, pedestal-based dining table (dark walnut stain)

Preferably with leaf exten-



good quality rug, you will have it for life.

## The Parson-style dining chair

The upholstered seat and back make it comfy enough to sit for long periods of time at the dining table. Choose a

sophisticated looking (yet durable) fabric-like ultra suede or chenille so that the chairs look nice in other areas of the house. The classic Parson chair can be used as extra seating in a living room or as a corner chair in the bedroom or bath. Stain the legs in a dark brown (not espresso!) so that they match other wood tones that you have in other furniture.

## Furniture Q&A

### Question

My wife likes traditional furniture and I like modern. What is the best way to blend two looks?

### Answer

It's always nice to have an eclectic mix of either old and new or modern and

traditional space. It adds interest and takes away from the predictability of a room looking like a furniture showroom. There is a rule to mixing and it is the 70/30 rule. I suggest looking at the architectural style of your home. If it is modern, 70 per cent of the decor becomes modern and vice versa.



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Sincerely,

A stylized, handwritten signature in black ink, appearing to read "JB".

Jeff Boyd,  
Regional President, RBC Royal Bank



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► Employees man their stations at Facebook Canada headquarters in Toronto. For those who wonder how the free site could be valued at up to \$75 billion US, it's because of the growing army of companies who are buying "engagement units," as Facebook refers to its ads.

# The kind of ads money can't buy

- How does Facebook turn a profit? With corporate ads
- Tim Hortons is one brand venturing onto the site

Everyone knows that Facebook is a place where friends and family share news and photos. But more and more, it's also a place where companies share product pitches.

About 50 million connections are made every day between businesses and Facebook users. But are these interactions translating into a sales bump?

"We're testing the waters with that," says David Morelli, director of public affairs for Tim Hortons, one of the most popular brands on Facebook in Canada.

With more than 1.4 million fans, about one in 12 of Canada's 17 million-plus Facebook users is linked to Timmie's, which signed on to the site in 2009.

**"Unlike traditional ways we've reached out to our customers, we're not talking at them, we're talking with them on Facebook. It gives us a way to engage with them in a different way."**

DAVID MORELLI, DIRECTOR OF PUBLIC AFFAIRS, TIM HORTONS

Morelli says Tim Hortons' budget for Facebook ads is conservative and the company is still trying to figure out their effectiveness against other types of marketing.

"We're learning and trying to determine what are the right metrics and what

are the right (media) spends," he says.

One thing is certain: Encouraging users to post about their love for Tim Hortons' coffee results in a special kind of advertising that money can't buy, says Facebook Canada head Jordan Banks.

"You no longer need Oprah Winfrey to take your product and name it one of her favourite things," he says. "Having way more influence (are) your friends, your family, your colleagues and people you care about, that are most like you."

And for users who object to the corporatization of Facebook, Banks says they are free to stop "fan-ing" ads and start "x-ing" them out.

THE CANADIAN PRESS

# Glittering year ahead for luxury jeweller

Luxury diamond retailer Harry Winston predicts a bright future this year as stronger demand for high-end goods pushes sales and profits higher.

The Toronto-based company said it expects diamond purchases to climb as the global economy rebounds, especially in Asia, where holiday sales rose 169 per cent, excluding sales in Japan.

"The luxury goods demand, you'd think they'd be going down right now but they're not. They've been doing extremely well especially in Asia and in the States, which is surprising as well," Scotia Capital analyst David Christie said.

Frederic de Narp, head of Harry Winston's retail segment, said the company plans to focus on its watch business — which provides higher profit margins compared to other products — and will introduce both more affordable and more expensive timepieces.

The company plans to open one store in Las Vegas

FRANCOIS MORI/THE CANADIAN PRESS/AP PHOTO  
► We'll always have the Harry Winston in Paris.

and two new stores in Shanghai this year. It credits its rising demand in China and other parts of Asia for the 89 per cent higher

sales in its luxury brand segment, which grew to \$132.7 million in the fourth quarter. Japan made up 18 per cent of its luxury brand sales last year. Stores in the country were undamaged in the March 11 earthquake and tsunami.

The company, which partially owns the Diavik mine in the Northwest Territories, said it plans to open more pits in the coming years and begin new exploration drilling that will provide a better mix of higher grade diamonds, helping bring up prices by up to 30 per cent.

THE CANADIAN PRESS

## Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 61.87 (14,061.87)	+ 0.08¢ (101.97¢ US)	+ 78¢ US (\$105.75 US)	\$4.299 US (+ 4¢ US) Gold contracts \$1,426.40 US (+ \$10.40 US)

AP/WIDEWORLD

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## YOUR HANDY-DANDY GUIDE TO ELECTIONS

He says ...

JOHN  
MAZEROLLE

**Do you have a headache? Nausea? The urge to remove your eyes with a salad fork? Then you've got Canadian election fever!**

**R**ight this second, Stephen Harper is amassing a pile of neatly folded sweater vests, ready for battle. Michael Ignatieff is doubling his morning series of eyebrow reps. Jack Layton is constructing a kitchen table where he will have homegrown discussions with real Canadian families. And Elizabeth May and Gilles Duceppe are getting mentioned in this passage because they get equal time during election campaigns.

Perhaps this will be your first vote because you've turned 18,

recently become a Canadian citizen, or you plug your ears and go "la la la la" as soon as you hear the word "election."

Well, have no fear: You'll get by with my handy-dandy Guide To Voting In Canada.

**WHO CAN VOTE?**

To vote in a Canadian election, you must be:

- Tall enough to reach the top of a cardboard box on a table and have no fear of gymnasiums.

- Able to say the following sentence whenever required, usually while sitting at a bar: "If you don't vote, you've got no right to complain."

**WHO AM I VOTING FOR?**

You're voting for an MP, or Manipulative Person. They have been selected by their respective

parties based on their ability to mention your name, employ clichés, and touch voters' elbows in a compassionate manner.

For example: "At the end of the day, John, you can tell I care because I'm touching your elbow."

**WHAT CAN I EXPECT?**

You may be one of those people who assumes an election is no time to expect a high-minded policy dis-

cussion. You are what political scientists like to call "correct."

What you can expect are attack ads like this: "Stephen Harper enjoys apple pie. As in, 'American as apple pie.' Is Harper in the pockets of U.S. dessert makers? Well, nobody said he is- n't."

Also, expect ads about Ignatieff where a narrator describes him as an "intellectual" in the same tone of voice somebody would normally say "groin lesion."

**WHY SHOULD I VOTE?**

Because not voting when people in Arab countries are dying for it is like standing in front of a homeless person and dumping your pizza into the garbage can because the slices "all taste the same."

Besides, if you are going to suffer — and you are — you might as well have something to show for it. Nobody escapes Canadian election fever.



Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)

## Cartoon

MICHAEL DE ADLER



GIANT

## The filthy reality of life

## Worth mentioning

Dirt has a bad image. Muck, we think: Yuck.

But getting your hands dirty can also be irresistible, as every child knows. A major new museum exhibition in London asks visitors to think again about the filthy and the fetid, exploring the role of dirt as humanity's enemy and ally in history, art, science and medicine.

"Dirt is something we make and encounter every day," said James Peto, senior curator at the Wellcome Collection, where the exhibition opens today.

Peto said the exhibition — *Dirt: The Filthy Reality Of Everyday Life* — explores both the good and bad sides of dirt.

## Dirt — enemy and ally

WELLCOME IMAGES/THE ASSOCIATED PRESS



"Some of it, in the right quantities and the right place, is good for us," he said. "Soil in the sense of 'soiled sheets' is bad, but soil where vegetables grow feeds us."

"And it's where we all end up in the end."

Filth's intimacy and omnipresence may explain some of the terror and fascination that dirt —

defined by the exhibition as "dust, excrement, rubbish, bacteria and soil" — holds for us.

We abhor it, but it's also a mark of progress — the more cities, industry and civilization there are, the more dirt, and finding ways to dispose of it has taxed societies for centuries.

THE ASSOCIATED PRESS

**What animal best represents you? Why?**

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metro

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Metro Minute with  
Cash On Delivery

Ever dream of getting rich quick?

Learn what not to do by checking out *Cash On Delivery*, a madcap farce being staged by the Kanata Theatre.

Here's the scheme: Eric has been scamming the feds by grabbing and cashing the benefit cheques of his fictitious lodgers. A government auditor is on

the way, who will surely expose the scheme. Eric's only escape is to "kill" off the people he invented.

The show is on tonight at 8 at the Ron Maslin Playhouse. It runs until Saturday and is on again from March 29 to April 2. Tickets are \$15 each and can be purchased by phone (613-831-4435) or at the theatre.

● METRO



► *Cash On Delivery* is playing at the Kanata Theatre.

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2  
scene

## Scene in brief



Republican officials say Donald Trump will address the party's Lincoln Day dinner as part of his first foray into Iowa as a possible presidential contender.

The New York billionaire and reality TV figure has already announced plans to visit New Hampshire in June.

Iowa Republican Party Chairman Matt Strawn says Trump will speak June 10 in Des Moines.

Strawn says the Iowa party invited Trump so he could introduce himself to Iowa Republicans. He noted Trump's success as an "entrepreneur and job creator."

Trump has said he will decide by June whether to seek the Republican presidential nomination.

THE ASSOCIATED PRESS



Ivanka Trump stalking suspect kept trying to contact her after court order, prosecutors say

# Touring ain't easy for these rockers

► Despite a broken axle on their cross-country tour, Celtic punk rockers The Real McKenzies are ready to entertain the nation's capital

## BACKSTAGE PASS

JEN TRAPLIN  
METRO OTTAWA



In a scene straight out of Canadian indie flick *Hard Core Logo*, Vancouver

Celtic punk rockers The Real McKenzies are in the midst of a cross-Canada tour — travelling thousands of kilometres together in a van.

"We're way better than *Hard Core Logo*," boasts front man Paul McKenzie.

And he's right. For starters, *Hard Core Logo* is a fake band and The Real McKenzies are the real deal. They've been around for nearly 20 years, released eight albums and have shared the stage with Metallica, Rancid, NOFX and The Misfits.

McKenzie was allegedly inspired to create the band after hearing Scottish legend Robbie Burns playing in one room at a party and the Sex Pistols playing in the other.

The fact that his parents would dress him up in kilts and make him sing and dance to traditional Scottish music may have provided some motivation as well.

McKenzie says, "Starting a Scottish punk band is my way of getting revenge."

### Twestival

► Tonight, the biggest tweet-up to date in the City of Ottawa is being held downtown to raise money for a great, local cause. Twestival is the largest global grassroots social media fundraising initiative that has raised close to \$1.2 million for 137 non-profit charities so far. Every event is organized by volunteers and 100 per cent of all ticket sales and donations go directly to on-going projects. Tonight, the beneficiary is the Royal Ottawa Foundation for Mental Health. For more info, go to [ottawa.twestival.com](http://ottawa.twestival.com)

► What: Twestival Supporting the Royal Ottawa Foundation for Mental Health

► When: Tonight at 7 p.m.

► Where: Daly's at the West-in Hotel (11 Colonel By Drive)

► Price: \$30. Your ticket gets you admission to the tweet-up, snacks, a chance to mingle with your Twitter followers and even a Twitter demo for those who need some help understanding it all.

The Real McKenzies set out from their hometown of Vancouver on March 11.

The original plan for the Canadian tour was to travel 6,098 kilometres to 19 cities in just under a month.



► The Real McKenzies bring their own brand of Celtic punk rock to Mavericks tonight.

But when you're a band travelling across Canada in a tour van, things don't always work out as planned.

"We blew out an axle on the trailer travelling to and

fro and we had to travel an extra 1,500 kilometres or something, but we're on route and on time and that's what's important," says McKenzie on the way to

play a show in Thunder Bay.

You can be a part of that good time with The Real McKenzies at Mavericks (221 Rideau St.) tonight for just \$12 in advance.

## Housewives star Frankel has become her own brand

When Bethenny Frankel first pitched her idea for a low-calorie, ready-to-drink bottled margarita to liquor companies, she got rejected, so she decided to make and distribute it herself.

"Little old me, who knew nothing about the booze business, said, 'You know what? This is a good idea. I know it. I'm acting on it,'" she told The Associated Press.

Now, more than 100,000 cases of the Skinnygirl

Margarita ship annually, and Fortune Brands Inc. announced Monday that it bought the brand for an undisclosed amount.

Frankel talks about her drive in her new book, *A Place of Yes*, in which she presents 10 rules to live by in life. The rules help her "keep moving forward" and "break the cycle ... of inner noise that tries to hold me back," she wrote.

Frankel place second on Martha Stewart's version



► Bethenny Frankel

of *The Apprentice* in 2005, then returned to reality television on Bravo's *The Real Housewives of New York City* in 2008.

That's when Bethenny Frankel became a brand.

She now has her own TV show, *Bethenny Ever After*, as well as a workout DVD. Her first book, *Naturally Thin*, was a New York Times bestseller.

And more Skinnygirl liquor is coming, including a white sangria, mojito,

sweet tea vodka lemonade and a cosmopolitan-type cocktail.

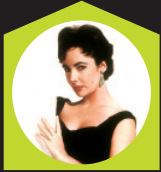
There's also a daily cleanse, skin-care line and shapewear.

Frankel plans to write more, including a book for children and books about relationships and what she's learned as an entrepreneur.

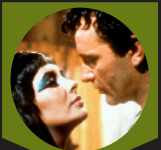
"I've learned a lot, but you can make mistakes every day," she said.

THE ASSOCIATED PRESS



**Career highs**

**Childhood fame**

The hit films *Lassie Come Home* and *National Velvet* catapulted her to stardom.

**Career lows**

**Failed marriages**

She had eight total, to magnates (Conrad Hilton), co-stars (Eddie Fisher, Richard Burton twice) and, most recently, a much younger construction worker (Larry Fortensky) who she divorced in 1996.

# Liz Taylor dies at 79

► The legendary actress passed away due to congenital heart failure



**NED  
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METRO WORLD NEWS IN LOS ANGELES

Famed actress and humanitarian Dame Elizabeth Taylor has passed away at the age of 79. The two-time Oscar winner died at Cedars-Sinai Hospital, where she had been receiving treatment for congestive heart failure. A small funeral for family and friends is planned for later this week.

"She was surrounded by her children: Michael Wilding, Christopher Wilding, Liza Todd and Maria Burton," Taylor's publicist, Sally Morrison, said in a statement.

Taylor's son, Michael Wilding, spoke fondly of his mother.

"My Mother was an extraordinary woman who

lived life to the fullest, with great passion, humour and love. Though her loss is devastating to those of us who held her so close and so dear, we will always be inspired by her enduring contribution to our world."

Taylor is survived by her children as well as 10 grandchildren and four great grandchildren.

Taylor shot to fame at the age of 12 in 1944's *National Velvet*, maintaining her status as a Hollywood icon through performances in films such as *Cat on a Hot Tin Roof* and *Cleopatra*, as well as her Oscar-winning roles in *Who's Afraid of Virginia Woolf?* and *Butterfield 8*.

During her career, Taylor was equally as famous for her personal life and charity work.



► Throughout her career, Taylor was equally as famous for her personal life, marrying eight times, and for her charity work battling AIDS.



**Metro asked its Twitter followers:**  
Have you ever seen an Elizabeth Taylor movie?

**@urbanermezei**  
To be honest no. I didn't even have a clue who she was till I checked Twitter this morning. Completely oblivious.

OTTAWA

**@anorthendboy**  
Zeffirelli's *The Taming of the Shrew*, starring both Elizabeth Taylor & Richard Burton. 3 cheers for high school Shakespeare!

OTTAWA

**@citizenwilliams**  
Who's Afraid of Virginia Woolf is a classic! HALIFAX

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10  
11



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# Brand struggling with married life

► Compares being a husband to Perry like dealing with a drug addiction



Russell Brand admits that adjusting to married life with Katy Perry has taken some work. "Don't look at things as in 'rest of life'. Of course

"I can't believe I used to have sex 20 times a week, especially now I'm married. But now I'm a bloody good gardener. It's difficult getting used to one person and being in the same house every day," he tells Piers Morgan during an interview. Brand's trick, he explains, is to approach handling married life like he did when he was in addiction recovery. "I take it one step at a time — like with drugs, like with alcohol," he says.

marriage is for life and that's what I wanted, but anything for the rest of life can be daunting." **METRO**

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## Talking points

### Zellweger finds solace from Bullock

**PEOPLE** While nursing a broken heart in New York City, Renee Zellweger has reportedly found a sympathetic ear in pal Sandra Bullock, according to Pop Eater.

The two actresses caught up with each other this week in the wake of Zellweger's split from Bradley Cooper.

"If anyone can cheer a person up after a bad breakup, it's Sandra," a source says.

"After what Sandra went through, you have no right feeling sorry for yourself at all. I can't think of a better medicine than spending an hour or two with Sandy. The way she handled herself with such grace and dignity after her split is an inspiration to us all." **METRO**

### Wood gets help with nude scene

**PEOPLE** When it came time to film a nude scene for her new HBO miniseries, Mildred Pierce, actress Evan Rachel Wood looked no further than co-star Kate Winslet for support, according to E! News.

"She coached me through my first nude scene," Wood says of the Titanic star. "I mean, she's done it all. She was literally next to the camera going (thumbs-up)." **METRO**

## Celebrity tweets



**Christina Aguilera**  
[@TheRealXtina]

Thanks for the welcome to Twitter. I'm getting the hang of this. Never thought I'd say the word "hashtag". Pandora's box has been opened.



**Lindsay Lohan**  
[@lindsay-lohan]

7:00am  
russian bazaar call times are just too much! i think i'm still going to be waking up in hair/make-up..but praise fashion+kellogs! :)



**Jessica Alba**  
[@jessicaalba]

Oh my aching heartburn...



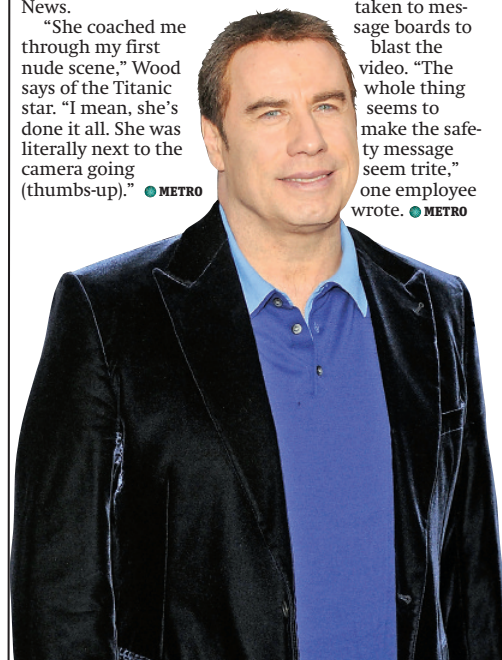
**Conan O'Brien**  
[@ConanOBrien]

Ah, Springtime in L.A.! It reminds me of Fall in L.A.  
**METRO**

### Travolta criticized for flight video

**PEOPLE** Given his love for flying planes, it's no surprise John Travolta chose to appear dressed as a pilot for a Qantas Airlines in-flight safety video. But it turns out some Qantas employees are not amused. Airline staff members have

taken to message boards to blast the video. "The whole thing seems to make the safety message seem trite," one employee wrote. **METRO**



## Brown blow up could cost him

Chris Brown was slated to appear on Dancing with the Stars next week, but after his violent outburst at Good Morning America earlier this week, that plan may be scrapped, according to Popeater.

"Chris was so dangerous backstage that we called 911," an insider at the morning show says.

"He totally flew off the handle after being asked a question about his 2009 as-

**"Chris was so dangerous backstage that we called 911."**  
**ABC INSIDER**

sault of his then-girlfriend Rihanna. Now ABC has to decide if they are willing to let this man promote his music on a family show on its network or walk away from this obviously troubled young man." **METRO**



### Lohan says he'll be cleared

It's been a busy week for Michael Lohan, who was released from the hospital after being arrested based on charges of domestic violence by ex-girlfriend Kate Major.

And now Lohan says

he's filing charges of his own, according to Radar Online.

"I'm going to press charges against Kate, and I'm going to try to have her arrested before she leaves California," Lohan tells the

website. "When my lawyer gets to court and proves that she lied, then I'll be vindicated and then she'll be charged for false reports and I'll sue her civilly. She belongs in an asylum." **METRO**



# Spruce up your act for spring

► Don't be the guy who rolls into the office with puddle-like underarm sweat patches and an oily face fit to grease an engine ► We tell you how to update your look for the warm weather

**RICHARD PECKETT**  
LIFE@METRONWS.CA  
METRO WORLD NEWS

KARL EDWIN GUERRE AND TAMU MCPHERSON

## What to wear



► Add a pop of colour at the waistline (above) or the ankle for a bright and cool spring update.



1



2



3



4



5



6

### 1 VANS

Chukka sneakers  
\$97, vans.com

### 2 UNIQLO

Crewneck T-shirt  
\$6, uniqlo.com

### 3 ASOS

GloverallxYMC raincoat  
\$448, asos.com

### 4 PRADA

Platform brogues  
\$822, prada.com

### 5 RALPH LAUREN

Madras check shorts  
\$90, ralphlauren.com

### 6 ST. JAMES

Binsic II breton top  
\$143, oipolloi.com

● RICHARD PECKETT

Some spring and summer staples aren't for everyone. "Sleeveless tees and white suits. They're just not suitable for every weight and age group — you have to be young or in good shape to pull them off," says stylist Andrew Davis.

And he's not the biggest fan of mandals.

"They only look good on certain people. I mean, who wants to see your toes poking out? They look especially dreadful on pale skin," he adds.

So what should you wear? Here are four tips:

1

### Punch up your outfit with a pop of colour

This season marks a move away from muted tones toward bold colour. It's an easy way to add an edge to your workwear without looking like a full-on fashion victim. "Wear a beautiful bright Yves Klein blue or pillar box red T-shirt under a navy suit or with chinos or just colour-block half the body," Davis says.

2

### Master the art of summer suiting

Ditch the wool tailoring for something lightweight. "Try a linen suit in soft blue or gray and wear it with a white shirt and a club or check tie. It can look really cool and classic," Davis says. And if you're feeling adventurous, skip the tie and rock a — wait for it — neckerchief. "It's a bit Hannibal Lector-esque."

3

### Nail down the perfect casual style

Every man should have a few nautical items in his closet because they look polished, can be easily mixed and matched, and are just hard to screw up. A few things to buy now: "A boxy, double-breasted jacket, chambray shirt, chinos, moccasins, breton top and a toggle coat," he says.

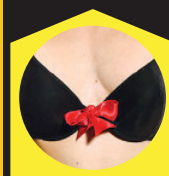
4

### Get your short lengths right

"Shorts are a bit shorter this season; they're cut above the knee," Davis explains. For lounging on the weekend, Andrew suggests a jogger short, which has a relaxed fit (Important: When you're wearing shorts, they should hit higher up on the leg).

3  
life

### Up and down



### Clap-off underwear

Some random guy invented a clap-off bra that drops off the body at the sound of applause, presumably for those guys out there who are too lazy to figure out how to undo the clasp. Let's just hope no one wears it at a rock concert.

● METRO



Bright hues, bold patterns big for spring, says star stylist Phillip Bloch



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## What do to do: Grow it out

It's time to roughen up that pristine parting and add some texture.

"We're getting away from the classic hair cut. You know, the Mad Men look with the stylish side parting. I think now we're going to see more creativity, medium lengths and longer hair styles that are messy, distressed and disheveled hair," explains grooming expert Carmelo Guastella, the man behind the iconic Ali G goatee.

It's also going to be a good season for stubble. But you'll want to be sure to keep your beard in check. "I would go down to a stubble but if you do have a beard let it look natural and blend into your skin at the edges," advises Guastella.

● RICHARD PECKETT



► Model David Gandy nails the season's slightly disheveled hair.

### Style pick

**GAP**

\$60, gap.com

### Gap's washed-out khaki cool

If the age-old saying, variety is the spice of life, rings true in the fashion stakes, then Gap's denim khakis will definitely be for you. The washed-out, slim fit range, available in colours

from brick to grass, are a much-needed break away from the dull formality of preppy styles. Work them into your wardrobe as part of a pared down, washed-up beach look teamed with either desert boots or bright, boat shoes. ● METRO



### Men's grooming

**REDKEN**

Rough paste, \$24, redken.com



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Moisturizer, \$36, dermalogica.com



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# Bringing the outside in

► If you look outside, it likely doesn't resemble spring ► But you can at least make your home ready for the season

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

While it may technically be spring, getting out to enjoy the weather may still be a few weeks away.

And this spring is supposed to be a cold and damp one. Luckily, there's a huge trend in bringing outdoor decor inside, and now more than ever is the perfect time to inject some springtime inside our homes.

From bright garden colours and the smell of flowers to rustic natural elements, let's get a head start on spring by decorating with an outdoor theme with these easy ideas.

If we can't enjoy the outdoors, let's bring it inside!



ALL PHOTOS ARE HANDOUTS

### Add a wall of springtime colour

As I've been reporting since last fall, adding a focal wall of colour in a room is no longer an old-fashioned thing to do.

Choose a wall that is the focal point to the room. For instance, the headboard wall in the bedroom, the TV wall in the family room or the fireplace wall in the living room are all good candidates.

If using paint, then add a darker or dramatic colour to help add drama to a room.

Dark green, mustard or orange are all colours from outside and will bring a strong sense of nature inside.

If using wallpaper, choose a large-patterned floral motif for an eye-popping surprise. Wallpapers are now much easier to remove than they used to be, so don't be afraid to get daring with pattern. When you tire of it just simply peel off and repaint the wall.



### Incorporate worn-looking furnishings into the home

Bleached, limed and driftwood tones are all the rage. They can help lighten the dark brown tones that we've been decorating with over the past years.

A statement piece, such as a single dresser, a hallway bench or an end table, will work best in this finish. Choosing it for an entire dining set or living room case would be overkill for a trend that is only expected to hang around for three to four years.

Got an old, cheap mahogany antique that you're tired of?

Sand it then rub some grey latex paint into the exposed wood grains. Buff it with wax and you'll have the trendiest look of the season for furniture.



### Create the smell of the garden

There's nothing more refreshing than opening the windows and getting a floral-filled breeze. But it doesn't look like that will be happening around the country anytime soon.

Create a garden of scent around your space with the new Crabtree & Evelyn Floral Fragrance Collection — an iris candle in the hallway, lavender candle in the bedroom, rose candle in the bath and a lily candle in the living room, and you'll experience a variety of garden floral scents that change from room to room.



### Shine some light with rustic flair

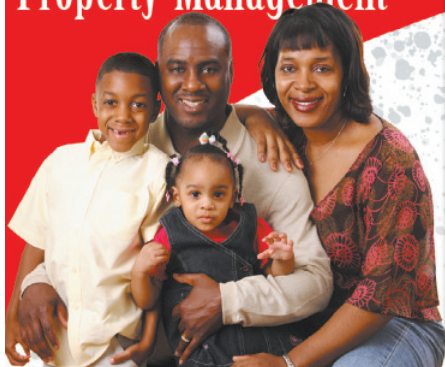
Most people overlook outdoor pendant and wall lights as options for inside the home.

An exterior light can often add a more rustic or masculine option when decorating. And outdoor lighting is quite often priced less than indoor lighting.

Look for copper, zinc and natural metal finishes to help bring the outside in for spring. You can often find old outdoor lighting for sale at spring yard sales and flea markets.

Keep in mind most of it will need to be re-wired for safety and sometimes re-plated depending on the finish.

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# Simple bathroom makeovers

► Giving your bathroom a fresh new look is not as hard as you may think ► And it doesn't have to cost much

## DIY IDEAS

Believe it or not, home makeovers don't always have to require many tools and lots of man power.

In fact, to give your bathroom a fresh new look, you don't even need a big budget, just some inspiration and creativity.

DIY Network Canada's Bath Crashers (airing Tuesdays at 10 p.m. ET/PT) offers tips on simple bathroom makeovers.

### Clean and Purge

The first step in giving your bathroom a fresh look is to take inventory of all your belongings and eliminate the excess. Removing clutter creates more space for reorganizing and decorating.

### Make Room

If the sink is freestanding, create additional storage by fashioning a sink skirt. Measure the dimensions along the three sides of the sink that face outwards and the distance between the bottom of the sink and the floor.

Cut the measured dimensions out of a washable fabric.

Attach an adhesive Velcro to the inside of the sink and the top of the fabric.

Attach the fabric's Velcro to the sink's Velcro. The fabric adds to the decor of the room and creates a space to keep items tucked away and out of sight.

**Personalized Shower Curtain**  
For many bathrooms, the shower curtain is the focal point of the room and re-



► Shower curtains are important. For many bathrooms, the shower curtain is the focal point of the room.

placing the shower curtain can immediately change the entire design.

Consider making one

yourself to suit your personal style.

Measure the length and width of the current show-

er curtain and cut the dimensions out of the desired fabric.

Hold the fabric up to the

current shower liner and use a fabric pen to mark where the shower ring holes are located.

Using fabric scissors, cut a slit in the fabric about an inch long.

Attach the new shower curtain and shower liner to the shower rings and enjoy the new, customized decor.

### The Little Things

For a quick bathroom spruce up, consider small projects like removing outdated cabinet knobs and replacing them with new ones. Also consider storing toiletries in colourful, plastic bins to give your space a splash of colour and replacing worn-out towels and bathmats to give the room a crisp, refreshed look.

COURTESY OF DIY NETWORK CANADA'S BATH CRASHERS, WHICH AIRS TUESDAYS AT 10 P.M. ET/PT

## Want taste: Grow your own garden goodies

Some things bear repeating: Plant vegetables.

The taste of fresh-picked beans, lettuce and tomatoes, grown from seeds of varieties bred for flavour rather than commercial appeal, will knock your socks off. Not to mention the satisfaction of doing "work" that puts food directly into your belly.

Planned correctly, the most basic vegetable garden

takes little time or effort.

### LOCATION, LOCATION

First, the site. For the plants' sake, full sun — at least six hours daily — and well-drained soil are a must.

If water stays puddled on the ground more than a few hours after rain has stopped, roots will suffocate.

### EASY BEGINNINGS

The quickest and easiest way to start a garden is to merely smother the existing lawn or weeds.

One reason most gardeners till is to aerate the soil, but your soil won't need aeration if you lay it out in permanent planting beds, each 90 centimetres wide, and paths, each 45 centimetres wide. Make a plan on paper, and keep the beds

and paths in the same place year after year. Walk only on the paths; never set foot in a bed.

After you have mapped out your garden, search the Internet or Yellow Pages for local "Compost" and "Arborists." You want compost for the planting beds, and wood chips from an arborist for the paths between the beds.

Before you lay down the

chips and compost, mow or knock down existing weeds or lawn, then smother them beneath paper.

Wet the paper as you lay it down to soften it and keep it from blowing, and overlap the edges. Before the end of the season, the grass or weeds will be dead, and your plants' roots will have grown into and through the nearly decomposed paper.

### PLANT

Now plant, right into the compost. When planting in beds, space the plants closer together than usually recommended. You can crowd three or four rows down each bed because you'll be doing all your weeding and harvesting from the paths, rather than having to walk between the rows.

THE ASSOCIATED PRESS



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SPECIAL INFORMATION FEATURE

# Curd On The Street

As we say goodbye to winter, spring is in the air, bursting with possibilities and renewal of life. This brings to mind lambing season and farmstead cheeses, and makes me think of Canreg Station Farm & Pasture Dairy, a family operated dairy sheep farm in Finch, Ontario.

This week, I'm thrilled to

share my "kick off spring" cheese pick – Canreg's Original Feta cheese – made from the high quality sheep's milk produced by the more than 380 ewes that live there. More than 20 types of cheese are handcrafted by Josef Regli and family, produced "out of pasture," using milk processing methods in small

batches similar to a European method of cheese making. Rich, dense, moist and crumbly, and not overly salty, this fresh, un-ripened traditional Greek style feta is stunning. Try with your favourite mix of olives, spiced nuts, or salad.

✪ VANESSA SIMMONS

## Cheese

**Original Feta**  
Canreg Station Farm & Pasture Dairy,  
Finch, ON

► **Where to Buy :** Byward Market (winter season), Ottawa Farmer's Market (summer season)



► Canreg Station Original Feta

VANESSA SIMMONS/FOR METRO

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## Rapid Recommendations



### East: Chez Ti-Mousse

**PAPINEAUVILLE, 60 MINUTES FROM DOWNTOWN.** Don't let the drive keep you home because this traditional French Canadian "cabane à sucre" is one of the best in the region. It serves up a delicious all-you-can-eat maple feast, with fluffy omelettes, delectable pancakes, baked beans and other treats of the season. Reservations recommended  
**CHEZTIMOUSSE.COM**

### North: Sucrerie du terroir

**VAL-DES-MONTS, 37 MINUTES FROM DOWNTOWN.** Savour the tastiest traditional sugaring-off dishes

in a rustic atmosphere. Live entertainment, horse-drawn sleigh rides and a full banquet-style breakfast. Reservations recommended  
**SUCRERIEDUTERROIR.COM**

### East: Proulx Sugar Bush

**CUMBERLAND, 26 MINUTES FROM DOWNTOWN.** Just off Innes Road, the Proulx family sugar bush is probably the most family friendly operation around. You can either catch a horse-drawn sleigh at the centre of the farm that takes you to the sugar bush, or you can drive directly to the restaurant.  
**PROULXBERRYFARM.COM**

### South: Stanley's Old Maple Lane

**EDWARDS, 25 MINUTES FROM DOWNTOWN.** Take a sleigh ride, visit the sugar shack and watch the sap-to-syrup process unfold while enjoying taffy on the snow and a pancake brunch at the Pancake House.  
**STANLEYSFARM.COM**  
✪ ROBIN DUETTA

## Metro Table Contributors at Ottawa Home and Garden Show

Join us at the Ottawa Home and Garden Show on Friday where we'll be discussing Ottawa's great restaurants, farmer's markets, wine, beer, cheese and other culinary hot topics.

You'll get a chance to win great prizes and interact with Metro Table's contributors.

The Ottawa Home and Garden Show has a great culinary component: a dedicated food stage. Come see local chefs demonstrating their craft throughout the weekend. Enjoy a dozen food booths sampling and selling unique culinary products. Including specialized bakers, three local artisan cheese makers, fine food items from Mrs. McGarrigle's, and even Sprucewood Brands savoury shortbread cookies will be on site.

For more information, visit the Ottawa Home and Garden Show's website [ottawahomeshow.com](http://ottawahomeshow.com)

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# What's In Your Glass?

► Nickel Brook gluten free is available at select LCBO locations across Ontario



JOHN O'REILLY  
OTTAWA@METRONWS.CA

When the bartender hands me my pint with no markings other than a logo, I wonder if people know what's in their beer. Do we care? In 1516, Bavarian brewers developed the Reinheitsgebot, or Bavarian Purity Law, stating that beers may only be brewed using four ingredients: malt, barley, water and hops. But times have changed.

Canadian Parliament is being pressured to show ingredient and nutritional listings on beer labels. People who suffer from Celiac disease, or gluten intolerance (found in many grains) want labels to say, "May contain grains." If beer contains ingredients outside of an approved list it must be clearly listed. And when they make dietary claims they must show complete nutritional information.

Ontario's first beer alternative is craft brewed and contains sorghum – an African grass used to produce gluten free "beers." Nickel Brook's Brew Master Ryan Morrow compares his beer to a veggie burger – while it doesn't contain meat, it's still considered a burger!

Nickel Brook Gluten Free is lightly with a taste reminiscent of a Perry (pear-based cider), with a "beer-y" edge. It has a clean, refreshing taste that I think is well worth investigating.



## Vegan Never Tasted So Good

Ottawa's first all vegan bakery, Auntie Loo's Treats, has been in operation since 2009. With such delicious sweets like Earl Grey Cupcakes and Banana Butterscotch cake, vegan and non-vegan customers alike are flocking

to the small bakery run by young entrepreneur Amanda Lunan. With increased awareness about dietary restrictions, Auntie Loo's business has quickly grown to the distribution of cupcakes, squares and cakes across the city in various health food stores and cafes. The bakery uses organic products whenever possible, and many products can be made gluten-free if ordered in advance.

**What:** Auntie Loo's Treats  
**Where:** 507 Bronson Ave.  
**Hours:** Closed Mon & Sun;  
Tue - Fri: 3p.m. - 6:30p.m.;  
Sat: 8a.m. - 2p.m.



► Amanda Lunan  
(Auntie Loo)

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March 3rd

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Association - CCDA,  
Canadian China Cultural Development Association  
Rudy Gao (rudy\_gao@hotmail.com)  
Helen Chu (helenchu\_cal@yahoo.com)  
Charity - Chinese-Canadian Student Association

March 31st

**PHILIPPINES**

Association-Philippines Cultural Association of Ottawa  
Myrna Rosales (myrna\_rosales@rogers.com)  
Charity - Philippines Cultural Association of Ottawa  
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April 28th  
**JAPAN**

Association - JETTA Ottawa  
Lisa Mail (lisa.mail@international.gc.ca)  
Ferra Lynne (events@jettatottawa.ca)  
Charity - Red Cross Earthquake Relief Efforts  
We are dedicating this night to raise money in aid of the victims of Japan

May 19th

**VIETNAM**

Association-Vietnamese Cultural Association of Ottawa  
Aithien Tran (ai\_52@yahoo.com)  
Charity - Vietnamese Memorabilia Museum of Ottawa

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## ARC Lounge Taster's Series

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Stay tuned for more details....



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## Bacon, Chard &amp; Fontina Quiche



## Ingredients:

- 1 refrigerated pie crust
- 4 slices bacon, chopped
- 1 bunch Swiss chard, tough stems removed, chopped
- 6 eggs
- 1 1/2 cups (375 mL) 10% half and half cream
- 1 tbsp (15 mL) thyme
- 1/2 tsp (2 mL) freshly ground black pepper
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) shredded fontina cheese

## Preparation:

**1** Line deep-dish pie plate with pie crust, crimping or trimming the edge. Place pan on baking sheet; set aside.

**2** In skillet over medium-high heat, cook bacon

until crispy. Add Swiss chard and cook until the chard is tender. Let cool for 10 minutes. Drain well pushing excess liquid from chard; place in bowl. Stir in cheese and place in pie crust.

**3** In bowl, whisk eggs, cream, thyme, pepper and salt. Slowly pour into crust and gently stir to eliminate large clumps or air bubbles. Bake in 400 F (200 C) oven for 20 minutes.

**4** Reduce heat to 325 F (160 C) and bake for 40 minutes or until centre is set and knife inserted comes out clean. Let cool before slicing.

THE ASSOCIATED PRESS  
EMILY RICHARDS

## A taste of the tropics

► This chicken curry uses fruit to reduce heat & add a hint of sweetness

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Tropical Chicken Curry over basmati rice.

## Preparation:

**1** In skillet heat oil over medium high heat. Add chicken and sprinkle with salt and pepper; cook, stirring for 5 minutes. Remove to plate. Add onion, red pepper and garlic to skillet and cook, stirring for 3 minutes or until softened. Add curry paste and cook, stirring for 1 minute. Add stock and bay leaf and bring to boil.

**2** Meanwhile, peel and chop bananas into 1 inch (2.5 cm) chunks and add to skillet with chicken and simmer for about 5 minutes or until chicken is no longer pink inside. Add pineapple and stir to combine.

**3** In small bowl, whisk together cornstarch and 1 tbsp (15 mL) of water. Add to skillet and stir to combine. Simmer 1 minute or until slightly thickened.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT [EMILYRICHARDSCOOK.CA](http://EMILYRICHARDSCOOK.CA)



► This Tropical Chicken Curry recipe makes four servings.

## Ingredients:

- 1 tbsp (15 mL) vegetable oil
- 12 oz (375 g) boneless skinless chicken breasts, chopped

- 1/2 tsp (2 mL) pepper
- 1/4 tsp (1 mL) salt
- 1 onion, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) mild curry paste or powder

- 1 1/2 cups (375 mL) chicken stock
- 1 bay leaf
- 3 firm ripe mini bananas
- 1 cup (250 mL) chopped fresh or canned pineapple
- 1 tbsp (15 mL) cornstarch

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## Leafs are enjoying turnaround

It is a measure of how far the Maple Leafs have come since Jan. 1 that few people snicker when the team uses the word "playoffs" in a sentence. In fact, Sports Illustrated is even planning a story on what's behind the Leafs' turnaround.

But regardless what happens between now and the end of the season — whether they make the playoffs or not — they agree this unlikely playoff drive is a good experience.

"No doubt about that," said goalie J.S. Giguere. "Our goal was to improve. To make some strides. As a team, we've done that so far."

"Hopefully, we can reach another goal we have, which is reach the playoffs. Nevertheless, I think we have accomplished something this year. Every year we should get better until we can be a contender."

There was a spark among the players as they practised at the University of Denver. They had energy in an up-tempo 45-minute workout in preparation for tonight's game against the Colorado Avalanche.

Despite a convincing 3-0 win over the Minnesota Wild to kick off this three-game trip, the Leafs still face a daunting task of catching Buffalo for that eighth and final playoff spot. But they continue to dare to dream. Mike Komisarek, a veteran of playoff drives in Montreal, thinks Toronto would go nuts if the Leafs made the playoffs.

"It'd be great for the young guys to experience playoff-type intensity and the atmosphere in the city," said Komisarek. "It's something you'd remember for the rest of your life."

TORSTAR NEWS SERVICE



► Montreal's Max Pacioretty is wheeled away on a stretcher after taking a hit from Boston's Zdeno Chara.

# Crafting a crackdown

► Next test for NHL on discipline comes in the off-season during board meetings ► Organizations could face escalating fines for player misdeeds

As the NHL looks to get tough on discipline, the next true test won't come when a player throws another wayward elbow or injures an opponent with a hit from behind.

It will happen far away from the ice, in a boardroom at a posh hotel, when the board of governors gather again in June.

That's when commissioner Gary Bettman plans to hold a discussion with league owners about fining organizations that consistently have players running afoul of the law. He first raised the idea during last

week's GM meetings but it barely registered among other initiatives aimed at concussions.

In light of the stiff suspension given to Penguins agitator Matt Cooke this week — and questions about whether the league will continue to crack down — it's worth revisiting.

Bettman didn't outline his exact plans, but he is believed to be in favour of a tiered system with increasing fines. For example, an organization might be docked \$250,000 US once its players have totalled 10 games in suspensions over

**"The current system punishes the offending player but does very little to deter such actions in the future."**

MARIO LEMIEUX, IN A LETTER TO GARY BETTMAN DATED MARCH 7

a season and then face a stiffer financial penalty at 15 games, 20 games and so on.

The commissioner is also interested in looking at penalizing other members of an offending organization.

"If a player or players are subject to repeat disciplinary procedures that result in supplemental discipline, it will be the club, and perhaps the coach, that will be held responsible," Bettman said in Florida.

The reaction of owners to the idea will be telling. As much as league disciplinarian Colin Campbell has been criticized for being too lenient with suspensions, an often overlooked part of the process is the fact many owners haven't been keen on seeing their players forced to sit out long bans. THE CANADIAN PRESS

# 4

sports

### Senators preview

Senators at  
Rangers, 7 p.m.  
TV: SNET-OTT  
Radio: AM 1200



Ottawa (27-38-9) couldn't hold onto a 2-0 lead Tuesday as Carolina went on to win 4-3. Ottawa fell to 1-23-4 when trailing after two periods.



New York (40-30-4) is on a season-high five-game win streak. Henrik Lundqvist stopped 22 shots to lead the Rangers to a 1-0 victory over Florida Tuesday night. It was his NHL-best 10th shutout of the season.

THE CANADIAN PRESS

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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dc-Philadelphia	72	44	19	4	5	232	195	97	21-10-2-3	23-9-2-2	4-3-1-2	L1
dc-Washington	74	43	21	5	5	203	180	96	22-8-2-5	21-13-3-0	9-1-0-0	W2
d-Boston	72	40	22	5	5	217	176	90	17-12-3-2	23-10-2-3	4-3-3-0	W1
Pittsburgh	73	42	23	5	3	213	181	92	22-13-2-0	20-10-3-3	6-2-2-0	W1
Tampa Bay	73	39	23	5	6	216	222	89	22-10-1-4	17-13-4-2	2-4-2-2	L3
Montreal	74	40	27	4	3	200	187	87	22-10-3-3	18-17-1-0	6-4-0-0	L1
NY Rangers	74	40	30	2	2	216	179	84	18-16-1-2	22-14-1-0	7-3-0-0	W5
Buffalo	73	36	28	8	1	216	208	81	16-16-3-1	20-12-5-0	6-3-1-0	W1
Carolina	73	34	29	5	5	205	217	78	20-12-2-2	14-17-3-3	5-4-1-0	W2
Toronto	74	33	31	5	5	195	225	76	17-14-3-4	16-17-2-1	5-4-1-0	W2
Atlanta	72	30	30	5	7	202	228	72	16-8-4-2	14-16-3-2	5-4-1-0	L1
New Jersey	73	34	35	3	1	155	186	72	18-15-2-1	16-20-0-1	6-4-0-0	L1
NY Islanders	74	29	33	7	5	208	235	70	16-15-1-4	13-18-6-1	6-1-2-1	W2
Florida	73	29	34	5	5	182	199	68	15-15-4-4	14-19-1-1	3-4-2-1	L2
Ottawa	73	27	37	5	4	167	227	63	13-19-2-3	14-18-3-1	6-4-0-0	L1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	74	48	17	4	5	240	173	105	25-8-1-4	23-9-3-1	8-2-0-0	W1
d-Detroit	74	43	22	5	4	238	211	95	19-12-3-2	24-10-2-2	4-4-1-1	L3
d-San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	6-2-0-2	W3
Phoenix	75	40	24	7	4	215	208	91	18-12-4-2	22-12-3-2	7-2-1-0	W1
Los Angeles	73	41	26	4	2	199	177	88	21-12-3-0	20-14-1-2	6-2-2-0	W1
Nashville	74	39	25	6	4	193	222	82	20-8-4-2	19-17-2-1	7-2-1-0	W4
Chicago	72	39	25	5	3	234	202	86	22-14-0-0	17-11-4-4	6-2-1-1	W1
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-14-1-1	5-2-2-1	L1
Calgary	75	37	27	4	7	227	216	85	22-12-1-3	15-15-3-4	4-4-1-1	L2
Minnesota	74	35	31	3	5	185	207	77	17-15-2-3	18-16-1-2	2-6-2-0	L3
Columbus	73	33	29	4	7	199	223	77	16-16-1-3	17-13-3-4	2-4-1-3	L2
St. Louis	73	32	32	4	5	202	216	73	20-12-1-3	12-20-3-2	4-6-0-0	L3
Colorado	72	28	36	7	1	203	254	64	15-17-4-0	13-19-3-1	2-7-0-1	W2
Edmonton	73	23	40	2	8	176	240	56	12-20-1-4	11-20-2-3	3-5-1-1	L7

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

## Last night's results

Vancouver 2 Detroit 1  
Florida at Chicago  
Anaheim at Dallas  
Calgary at San Jose  
Calgary's results  
Toronto 3 Minnesota 0  
Nashville 5 Philadelphia 4 (SO)  
N.Y. Islanders 5 Tampa Bay 2  
Phoenix 2 St. Louis 1

## Tonight's games

Montreal at Boston, 7 p.m.  
Atlanta at N.Y. Islanders, 7 p.m.  
Ottawa at N.Y. Rangers, 7 p.m.  
Pittsburgh at Philadelphia, 7 p.m.  
Edmonton at St. Louis, 8 p.m.  
Anaheim at Nashville, 8 p.m.  
Toronto at Colorado, 9 p.m.  
Columbus at Phoenix, 10 p.m.  
San Jose at Los Angeles, 10:30 p.m.  
Toronto's games  
All times Eastern  
New Jersey 4 New Jersey 1  
Washington 5 Philadelphia 4 (SO)  
N.Y. Islanders 5 Tampa Bay 2  
Phoenix 2 St. Louis 1

## CANUCKS 2, RED WINGS 1

**First Period** — No Scoring.  
**Penalties** — Eaves Det (interference) 12:45; D.Sedin Vcr (hooking) 14:28.

## Second Period

1. Vancouver, D.Sedin 39 (H.Sedin, Hamhuis) 6:31  
**Penalties** — Kesler Vcr (tripping) 19:05; Hamhuis Vcr (roughing), Holmstrom Det (holding) 19:23.

## Third Period

2. Vancouver, D.Sedin 40 (H.Sedin, Kesler) 9:29 (pp)

3. Detroit, Hudler 9 (Lidstrom, Rafalski) 11:38 (pp)  
**Penalties** — Eaves Det (high-sticking) 8:47; Raymond Vcr (hooking) 10:56; Holmstrom Det (interference) 19:59.

## Shots

Vancouver 5 20 8 —33  
Detroit 11 12 17 —40

**Goal** — Vancouver: Luongo (W,34-14-7); Detroit: Howard (L,34-15-9). **Power plays (goals-chances)** — Vancouver: 1-3; Detroit: 1-3.

**Referees** — Eric Furlatt, Don Van Massenhoven. **Linesmen** — Vaughan Rody, Anthony Serico.

**Att.** — 20,066 (20,066) at Detroit.

## TUESDAY

## MAPLE LEAFS 3, WILD 0

## First Period

1. Toronto, Lupul 10 (Bozak, Kessel) 1:39  
**Penalties** — Nystrom Min (goaltender interference) 4:01, Cullen Min (boarding) 12:21.

Brent Tor (interference) 13:06; Bouchard Min (tripping) 18:20.

## Third Period — No Scoring.

**Penalties** — Pecham Edm (tripping) 4:39, O'Marra Edm (hooking) 10:53; Fisher Nash (tripping) 15:15.

## Shots

Edmonton 5 7 8 —20  
Nashville 15 5 10 —30  
**Goal** — Edmonton: Dubnyk (L,10-12-7); Nashville: Rinne (W,28-20-8). **Power plays (goals-chances)** — Edmonton: 1-3; Nashville: 1-3.

**Referees** — Stephane Auger, Eric Furlatt.

**Linesmen** — Mark Wheeler, Brad Kovachik.

**Att.** — 15,745 (17,113) at Nashville.

## HURRICANES 4, SENATORS 3

## First Period

1. Ottawa, Greening 3 (Spezza, Butler) 7:56

2. Ottawa, Svatos 2 (Condra, Hale) 13:40

3. Carolina, Runtu 18 (Jokinen, Skinner) 14:07

4. Carolina, LaRose 14 (Pitkanen) 14:22

**Penalties** — Karlsson Ott (interference) 3:02, Stillman Car (goaltender interference) 3:58, Corvo Car (hooking) 18:32, Ku-ba Ott (interference) 18:51, Pitkanen Car (roughing) 19:54.

## Second Period

5. Carolina, LaRose 15 (Bra-Sutter, Gleason) 18:17

**Penalties** — Z.Smith Ott (tripping) 5:33, Neil Ott (roughing) 8:33, Allen Car (tripping) 13:36.

## Third Period

6. Carolina, Stillman 10 (E.Staal, Cole) 6:04

7. Ottawa, Karlsson 13 (Spezza, Foligno) 14:16

**Penalties** — None.

**Shots**  
Ottawa 11 18 10 —39  
Carolina 7 11 6 —24

**Goal** — Ottawa: McElhinney (L,9-11-1); Carolina: Ward (W,31-24-9). **Power plays (goals-chances)** — Ottawa: 0-4; Carolina: 0-3.

**Referees** — Ghislain Hebert, Kelly Sutherland. **Linesmen** — Andy McElman, Scott Cherrey.

**Att.** — 16,189 (18,680) at Raleigh, N.C.

## CRICKET

## WORLD CUP

## QUARTER-FINALS

At Dhaka, Bangladesh

Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.

## Today's match

At Ahmadabad, India

India vs. Australia

Tomorrow's match

At Dhaka, Bangladesh

South Africa vs. New Zealand

Saturday's match

At Colombo, Sri Lanka

Sri Lanka vs. England

## BASKETBALL

## NCAA TOURNAMENT

## All times Eastern

## Regional Semifinals

## EAST REGION

## Tomorrow's games

North Carolina (28-7) vs. Marquette (22-14), 7 p.m.

Ohio State (34-2) vs. Kentucky (27-8), 9:30 p.m.

## SOUTHEAST REGION

## Tonight's games

Florida (28-7) vs. BYU (32-4), 7:15 pm

Butler (25-9) vs. Wisconsin (25-8), 9:55 pm

## SOUTHWEST REGION

## Tomorrow's games

Kansas (34-2) vs. Richmond (29-7), 7:15 pm

Florida State (23-10) vs. Virginia Commonwealth (26-11), 9:55 p.m.

## WEST REGION

## Tonight's games

San Diego State (34-2) vs. Connecticut (28-9), 7 p.m.

Duke (32-4) vs. Arizona (29-7), 9:30 pm

## MLB

## SPRING TRAINING

## Yesterday's results

Houston 10, Pittsburgh 6

St. Louis 5, N.Y. Mets 3

Tampa Bay 4, Philadelphia 1

San Diego 10 Cincinnati 7

Atlanta 4, Florida 4, tie, 11 innings

Chicago Cubs 3, Oakland 1

Arizona 9 Texas 8

Cleveland 8 Kansas City 7

L.A. Dodgers 6 CWS 2

L.A. Angels 8 San Francisco 0

Toronto vs. N.Y. Yankees

Baltimore vs. Minnesota

Seattle vs. Colorado

## Today's games

## All times Eastern

Athl. v. Tor. at Dunedin, Fla., 1:05 pm

Min. v. Phil. at Clearwater, Fla., 1:05 pm

Bos. v. Fla. at Jupiter, Fla., 1:05 pm

TB v. Hou. at Kissimmee, Fla., 1:05 pm

StL v. NYM at Port St. Lucie, Fla., 1:10 pm

Tex. (ss) v. Cin. at Goodyear, Ariz., 4:05 pm

Col. v. LAD at Glendale, Ariz., 4:05 pm

Mil. v. LAA at Tempe, Ariz., 4:05 pm

KC v. Sea. at Peoria, Ariz., 4:05 pm

Oak. v. Arz. at Scottsdale, Ariz., 4:10 pm

CWS v. CC at Mesa, Ariz., 5:05 p.m.

Wash. v. Det. at Lakeland, Fla., 6:05 pm

Pitt. v. Balt. at Sarasota, Fla., 7:05 pm

SD v. Tex. (ss) at Surprise, Ariz., 9:05 pm

Cle. v. SF at Scottsdale, Ariz., 10:05 pm

## CURLING

## WOMEN'S WORLD CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)

Sweden (Norberg)

China (B.Wang)

Denmark (Nielsen)

Russia (Privivkova)

Canada (Holland)

Switzerland (OTT)

Germany (A.Schopp)

U.S. (Lank)

Norway (Githmark)

Scotland (Sloan)

Czech Rep. (Kubekova)

South Korea (Kim)

2 7

## Yesterday's results

Draw 12 Russia 5 Germany 3

Denmark 7 South Korea 4

Sweden 9 Switzerland 8

U.S. 6 Norway 5

Draw 13 Canada 7 Switzerland 4

China 14 U.S. 3

Russia 12 Czech Republic 3

South Korea 9 Scotland 3

Draw 14 Sweden 5 Canada 4

China 6 Norway 4

Denmark 12 Scotland 5

Germany 7 Czech Republic 3

Today's games

Draw 15 Czech Republic vs. U.S.; South Korea vs. Canada; Switzerland vs. Scotland; China vs. Russia.

Draw 16 Denmark vs. China; Scotland vs. Norway; Canada vs. Germany; Czech Rep. vs. Sweden.

Draw 17 Switzerland vs. Norway; Russia vs. Denmark; Sweden vs. U.S.; Germany vs. South Korea.

## CYCLING

## VOLTA OF CATALUNYA

At Vallnord, Andorra

Third stage

1. Alberto Contador, Spn., Saxo Bank-Sun-Gard, 4 hr 45 min 31 sec 2. Michele Scarponi, Ita., Lampre, 23 sec beh 3. Levi Leipheimer, US, RadioShack, same time

## TENNIS

## ATP-WTA SONY ERICSSON OPEN

## At Key Biscayne, Fla.

## Men Singles — First Round

Ivan Dodig, Croatia, def. Andrey Golubev, Kazakhstan, 6-7 (7), 6-4, 6-0.

Mikhail Kukushkin, Kazakhstan, def. Jarkko Nieminen, Finland, 3-6, 6-3, 6-2.

Pablo Andujar, Spain, def. Bernard Tomic, Australia, 6-4, 3-6, 7-5.

Kevin Anderson, South Africa, def. Nikolay Davydenko, Russia, 6-4, 6-3.

Julien Benneteau, France, def. Daniel Gimeno-Traver, Spain, 6-4, 6-3.

Marcel Granollers, Spain



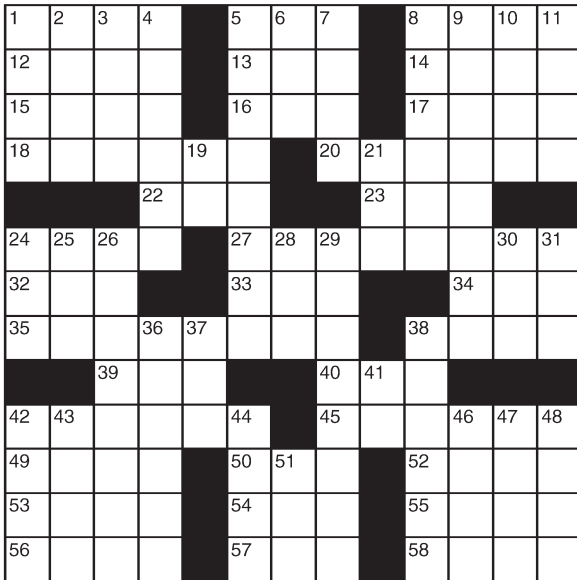
## Crossword

### Across

1 Napoleon's exile site  
5 Weep  
8 A really long time  
12 48-Drown refrain  
13 Discoverer's call  
14 Horseback game  
15 One-on-one fight  
16 Solemn promise  
17 Elliptical  
18 Tried hard  
20 "MythBusters" fodder  
22 Kids' card game  
23 Sun. speech  
24 Swabs the deck  
27 Thief  
32 Tavern  
33 Prior to  
34 Have debts  
35 Scented  
38 Raised  
39 Book-spine abbr.  
40 Inseparable  
42 Everest guide  
45 Whirlpool  
49 Iowa crop  
50 Formerly named  
52 Barbershop request  
53 "Mamma Mia!" inspiration  
54 Blunder  
55 Circle dance  
56 Asking too many questions  
57 Existed  
58 Dumbfounds

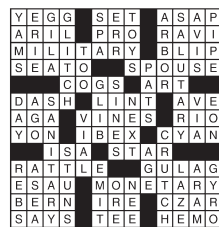
### Down

1 Odds' mates  
2 Lummo  
3 "Cheers" order  
4 Lets

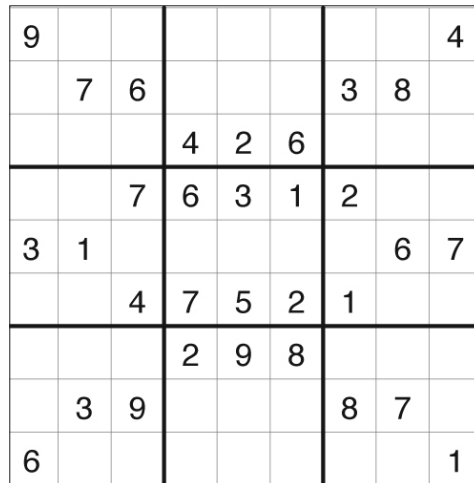


5 Bedspread  
6 Pi follower  
7 Loud, mournful cry  
8 Far point in an orbit  
9 Head of state?  
10 Verve  
11 Auctioneer's call  
19 Richmond's st.  
21 Computer key  
24 Biz deg.  
25 Rowing need  
26 Book before Ecclesiastes  
28 "Entourage" role  
29 Gets better  
30 Ram's mate  
31 Roulette bet  
36 Cheesy cream sauce  
37 Matterhorn, for one  
38 "Big" name in World War I  
41 "Forget it!"  
42 Read bar codes  
43 Vagrant  
44 From the top  
46 Think, old-style  
47 Ireland  
48 Yuletide  
51 Historic time

### ► Yesterday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### ► Yesterday's answer

1	6	3	4	5	2	7	9	8
4	7	2	9	8	3	6	1	5
5	9	8	1	7	6	3	4	2
8	3	9	2	6	7	1	5	4
6	5	1	8	4	9	2	7	3
2	4	7	3	1	5	8	6	9
9	8	4	7	3	1	5	2	6
3	1	6	5	2	4	9	8	7
7	2	5	6	9	8	4	3	1

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

ECS, you've been my best friend for more than three years now, so it's about time I asked: Do you want to go out with me? **MJS**

Happy 27th Birthday, Mike! Your 'special' year is over, but this year will be even better! I can't wait to do all of our special things together. I hope u have an amazing birthday! **LOVE, ASHLEY**

TM, you have made me the happiest girl. These past couple of months have been amazing, and I have you to thank for it. I have fallen for you. **LOVE RASH XO**

Peter, it has been a whole year since our break up, and I guess it took both of us this time to see that we had something special. I am really happy for us to start over again, this time to make it last forever. with all of my love **TAMMY XOXO**

## Today's horoscope

**♈ Aries** March 21-April 20 It's not like you to worry about things over which you have no control, so why start now? Whatever the reason you, must get over it because the Sun in your sign promises wonderful opportunities.

**♉ Taurus** April 21-May 21 You seem torn between doubling your efforts to reach your goal and giving up on it. But why should it be one or the other? Look for the middle way.

**♊ Gemini** May 22-June 21 Focus on positive things and happy thoughts and make sure you avoid people whose negative attitudes might bring you down. If they want to be miserable that's up to them, but you don't have to live with it.

**♋ Cancer** June 22-July 22 Something is about to come back into your life that you thought you had seen the last of, but it's no big deal. In a way it's good because this time you know how best to deal with it.

**♌ Leo** July 23-Aug. 23 Today's somewhat difficult Saturn-Nep- tune contact means you need to take a more even-handed approach to partnership matters. You should know that success depends on co-operation.

**♍ Virgo** Aug. 24-Sept. 22 What happens today will remind you that sometimes the old way of doing things is best. Fortunately, you have never been one to follow the latest "big thing" so you won't find it too hard to stick with tradition.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 Try not to take too negative a view of other people's motives today, otherwise you might miss out on something that is both enjoyable and profitable.

**♏ Scorpio** Oct. 24-Nov. 22 You may be tempted to say something negative to a loved one, but is it really necessary? Even if your words are true, think of how her or she might take the situation and make it worse than it needs to be.

**♐ Sagittarius** Nov. 23-Dec. 21 The Sun and Jupiter, your ruling planet, in your fellow Fire sign of Aries will bring the inspiration you have been looking for, so don't try too hard. Give your mind and your body a rest today.

**♑ Capricorn** Dec. 22-Jan. 20 Don't worry if the words you are searching for remain just out of reach today. You may be feeling a bit tongue-tied at the moment, but it won't last.

**♒ Aquarius** Jan. 21-Feb. 18 To get the most out of the day, you must limit yourself to those aims that are truly important. If you spread your energy too thin, you will only accomplish a fraction of what could have been done.

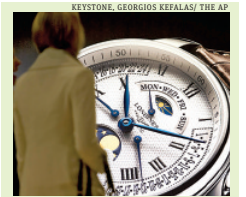
**♓ Pisces** Feb. 19-March 20 The more others criticize what you are doing, the more determined you will be to carry on. Anyone who thinks you will change your ways just because he or she says you should has a lot to learn. **SALLY BROMPTON**

## Caption contest



### WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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